

Paleo Pumpkin Cake with Maple Cream Frosting

(grain-free, gluten-free, dairy-free)



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- Prep Time: 20 min
 - Cook Time: 25 min
 - Ready in: 45 min
 - Yield: 8 slices

Ingredients

For the cake:

- 1/2 cup coconut flour
- 3/4 cup almond flour
- 1 1/4 teaspoons baking soda
- 3 1/2 teaspoons pumpkin pie spice
- 1/4 teaspoon salt
- 4 large eggs room temperature
- 7 tablespoons unsalted butter
- 1/2 cup maple syrup
- 2 tablespoons coconut sugar
- 1/2 cup canned pumpkin puree (not pumpkin pie filling)
- 2 teaspoons vanilla extract

For the frosting:

- 1 cup raw unsalted cashews, soaked²
- 1/4 cup + 1/2 teaspoon maple syrup
- 2 teaspoons water
- 1 1/2 teaspoons vanilla and maple extract mixed equal portions
- 1/8 teaspoon salt
- 1/2 teaspoon lemon juice
- 1 tablespoon or to taste powdered maple sugar (not granular)

For the topping optional:

- 1/3 batch (or more) maple candied walnuts made with pecans

Directions

For the cake:

- Preheat the oven to 350°F Place a piece of parchment paper in a 9" springform pan, so that the bottom and sides are lined.
- In a large bowl, mix together the dry ingredients (coconut flour through salt).
- In a separate medium bowl, mix together the wet ingredients (eggs through vanilla).
- Add the dry mixture to the wet mixture and stir just until combined.
- Pour the batter into the prepared pan.
- Bake for 25 minutes or until a toothpick inserted in the middle comes out clean. Let cool completely in the pan.

For the frosting:

- While the cake is baking, prepare the frosting. Drain the cashews and place all the ingredients in a high-speed blender jar (I don't think this would work in a food processor).
- Process on high speed for about 40 seconds or until totally smooth and no chunks remain.
- Add more lemon juice, vanilla and salt, if desired. Refrigerate for about 2 hours before frosting your cake.
- Spread the frosting over the cake. Refrigerate the frosted cake for up to 3 days. Top with maple pecans immediately before serving.

Notes

- To soak the cashews, place them in a large mug, small pot, or some kind of container that's safe to pour boiling water into. Pour enough boiling water over the cashews to cover them. Let them sit 1 1/2 to 2 hours.