



Pumpkin almond spice cake

Left with a pile of pumpkin pulp from making your Halloween jack-o-lantern? Jean Hailes naturopath Sandra Villella suggests using some of it to make this delicious, sweet cake.

Ingredients

2 cups of almonds, freshly ground to a meal (I like to grind to a coarser meal for a slightly crunchier nutty texture)

1 cup steamed, mashed pumpkin*

3 large eggs

60 grams butter, melted and slightly cooled

½ cup honey

1 teaspoon bicarbonate of soda

1 teaspoon cinnamon

½-1 teaspoon ground ginger

½ teaspoon nutmeg

1 teaspoon vanilla

Extra butter for greasing the cake tin.

Variation

use any combination of spices to make 2-2½ teaspoons, depending on your preferred spice blend.

⌚ Prep time: 10 minutes. Cooking time: 50 minutes.

👤 Serves: 8-12 (depending on serving size)

Method

Preheat oven to 175°C. Grease a 22cm cake tin and line with baking paper.

Mix the ground almonds with spices and bicarb of soda. In a separate larger bowl, whisk the eggs with mashed pumpkin, honey, vanilla and melted butter. Gradually add dry ingredients, stir to combine.

Pour batter into prepared pan. Bake 30 minutes, then remove from oven and cover with foil (to prevent burning/getting too dark), return to oven and bake for another 20 minutes, or until a skewer inserted in centre comes out clean.

Remove from oven when done and allow to sit in cake tin for 5 minutes. Run a knife around edge of tin to loosen cake from sides before turning out into a plate. Serve as a special morning tea.

Nutritional information

Pumpkin is a versatile vegetable that is a rich source of beta-carotene, which converts to vitamin A in the body. It also has a natural sweetness, which makes it perfect for cakes. Freshly ground almonds are preferable to using pre-packaged almond meal, as the oils in nuts begin to oxidise, or 'go off', when ground, so where possible always try to freshly grind nuts into a meal rather than buy nut meals.

Combined with the honey and aromatic spices, this makes a delicious moist cake for your next special occasion, whether it be morning tea or dessert (or Halloween!).

**While you may be tempted by the big 'carving pumpkins' now being sold in stores in the lead-up to Halloween, if you're planning on making this delicious cake, be aware that carving pumpkins aren't the tastiest type – they're more for decoration than eating. So if you want to use the whole pumpkin this Halloween, go for the Queensland blue or Jap (aka Kent) variety.*



Recipe by
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