

PUMPKIN STREUSEL COFFEE CAKE

Makes 8x8 pan

Streusel:

¼ cup light brown sugar

¼ cup whole wheat pastry flour

½ cup chopped pecans

1 teaspoon ground cinnamon

2 tablespoon coconut oil (refined – extra virgin is very “coconutty”)

Combine sugar, flour, pecans and cinnamon in a small bowl. Using your fingers or a fork, work in the coconut oil until you have a crumbly mixture. Set aside.

Cake:

2 cups whole wheat pastry flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon sea salt

2 teaspoons pumpkin pie spice

1 cup pumpkin puree

⅓ cup maple syrup

2 eggs (beaten with a fork)

½ cup avocado oil

½ cup plain Greek or Icelandic yogurt

Maple Glaze:

2 tablespoon powdered sugar

1 tablespoon maple syrup

Whisk together until smooth.

1. Preheat the oven to 350 degrees.
2. Spray an 8x8 baking dish with cooking spray.
3. In a large bowl, combine the flour, baking powder, baking soda, salt and pumpkin pie spice.
4. In a medium bowl, whisk together the pumpkin puree, maple syrup, eggs, oil and yogurt.
5. Whisk together the wet ingredients into the dry. Be sure to incorporate all the flour.
6. Pour into the prepared 8x8 pan.
7. Sprinkle with streusel.
8. Bake for about 25 minutes or until a toothpick inserted comes out clean.
9. Set aside to cool completely.
10. Drizzle with glaze (optional)