

Pumpkin Snack Cake



Ingredients:

1 3/4 cups gluten free flour blend
1 cup brown sugar
1 tsp baking soda
1 tsp ground allspice or pumpkin pie spice
1/2 tsp guar gum
1/2 tsp fine ground sea salt or table salt
1/2 cup water
1/2 cup canned pumpkin puree, not pumpkin pie mix
1/3 cup grapeseed oil, or other vegetable oil
1 tsp apple cider vinegar
Glaze (optional, recipe follows) or powdered sugar for dusting

Method:

Preheat oven to 350°.

Mix flour, sugar, baking soda, allspice, guar gum and salt together in mixing bowl. Stir in water, oil, vinegar and pumpkin. Mix well until no flour lumps remain. Pour into 8" x 8" ungreased square pan.

Bake 35 to 40 minutes or until toothpick comes out clean from the center. Cool on wire rack. Drizzle with glaze or dust with powdered sugar, if desired. Cut and serve.

For glaze: combine 1 1/4 cup powdered sugar with 2 to 3 tsp orange juice, water, milk or milk substitute. Stir until lump free and of drizzling consistency. Add more liquid if you want a thinner glaze, less for thicker. If you have a corn allergen, be sure to use corn free powdered sugar.

This recipe can also be easily turned into tasty muffins. For muffins, add two additional tablespoons of flour and increase guar gum to 1 teaspoon. Divide among paper-lined muffins cups and bake 18 to 20 minutes.

Find more recipes at www.makeitallergyfree.com

© Copyright 2011, Michaela C. Jones. Please do not copy, reprint or repost without permission. Give credit where credit is due. I work really hard at what I do.