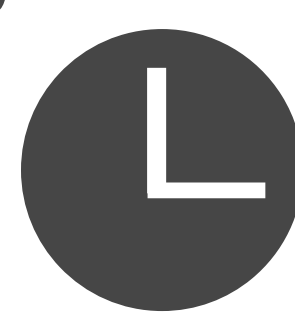


Pumpkin Apple Bake



Prep: 10
Cook: 50



Serves: 8

Ingredients:

- 1 15 oz can of pumpkin puree
- 2 large ripe bananas mashed
- 2-3 large apples peeled and diced (any kind!)
- 6 eggs
- 1.5 cups almond milk
- 2 tsp pumpkin pie spice
- 2 tsp cinnamon
- 1 tsp salt
- 1.5 cup chopped pecans



Follow these 3 easy steps:



1

1. Preheat your oven to 350 degrees. Grease an 9x13 pan with coconut oil or spray, set aside. In a large mixing bowl, combine pumpkin, banana, diced apples, eggs, almond milk, pumpkin pie spice, cinnamon, and salt.



2

2. Using a mixer, beat the ingredients together. Pour into square pan. Sprinkle the pecans along the top of the dish, and place in the oven.



3

3. Bake for 50 minutes or until the mixture does not appear watery in anyway. You will want the top to be mostly firm and golden. Let sit for at least 10 minutes before serving. You can also chill and store in the fridge for up to a week. Serve warm, cold, or at room temperature!

And voila! It's done!

