

Beans, Rice And Everything Nice

Pumpkin Pie Gingers



original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 16 squares

1 398 ml (14 ounce) can pumpkin puree

60 grams teff flour (1/2 cup*)

60 grams sorghum flour (1/2 cup*)

60 grams tapioca flour (1/2 cup*)

or

180 grams gluten-free flour blend or
other flour (about 1 1/2 cups*)

1 teaspoon baking powder

1/2 teaspoon baking soda

1-1/2 teaspoon ground cinnamon

1-1/2 teaspoons ground ginger

1/2 teaspoon ground nutmeg

1/8 teaspoon ground cloves (optional)

3/4 cup sweetener of choice
(I used brown sugar)

1/3 cup non-dairy milk (I used soy)

1 teaspoon vanilla extract

1/2 cup add-ins such as gluten-free chocolate
chips, chopped candied ginger, raisins,
dried cranberries, chopped nuts etc.

1 recipe **Chocolate PB2 Icing**

1. Preheat the oven to 190C (375F). Line a 20 cm x 20 cm (8 in x 8 in) square baking pan with parchment paper and set aside. (I used a ceramic baking pan. A metal pan is fine—reduce the cooking time.)
2. Add all the ingredients except the add-ins to a food processor and process until smooth. Stop and scrape down the sides as needed.
3. Scrape the batter into a medium mixing bowl, and stir in the add-ins. Spoon the batter into the prepared baking dish, spreading evenly over the bottom. The batter will be quite thick.
4. Bake in the preheated oven for 35-45 minutes (check for doneness after 30 minutes if using a metal baking pan). A toothpick inserted near the centre should come out clean but moist. The top should be firm but springy to the touch. Let the gingers sit for 15 minutes before removing from the pan. Cool another 15 minutes before icing.
5. Prepare the Chocolate PB2 Icing and spread evenly over the top. Allow the gingers to cool completely before cutting and serving.

*Note: Volume measurements are approximate. For best results, measure the flours by weight.