



## PUMPKIN SPICE CRUMBLE COFFEE CAKE (Made with Pumpkin Spice Whey Isolate) Keto/Low Carb

Recipe by Deedee (@ketowithdeedee) and featured on MariGoldBars.com

*"Moist pumpkin cake topped with a delicious crumble topping. It's perfect for breakfast with some coffee, or just by itself as a snack. Make this one, I know you are going to love it!!"*

- Deedee

### INGREDIENTS:

#### Pumpkin Coffee Cake

- 2 C Almond flour
- 1 TSP Baking powder
- 1/2 TSP Baking soda
- Dash of salt
- 2 TSP Pumpkin Pie spice
- 1/2 C Golden sweetener (brown sugar substitute i.e. Lakanto or Swerve brands)
- 1/4 C Granulated sweetener (i.e. allulose)
- 1 TSP Vanilla extract
- 1 C Pumpkin purée
- 2 Eggs
- 1/4 C Sour cream
- 1/3 C Oil (coconut/avocado/olive)

### DIRECTIONS:

1. Mix all dry ingredients together.
2. In separate bowl mix together pumpkin and sweeteners until combined. Add in sour cream & eggs and blend until combined. Add in oil and vanilla and mix.
3. Add in dry ingredients and stir until combined. You can use an 8x8 square or 8 inch round pan. Line with parchment paper and pour in your batter. Make crumb topping next.

#### Crumb Topping

- 1/2 C Almond Flour
- 1/4 C MariGold Pumpkin Spice Whey Protein Isolate Powder
- 1/4 C Golden sweetener
- 1/2 TSP Pumpkin pie spice
- 2 TBSP Melted butter

### DIRECTIONS (continued):

1. Combine all ingredients and stir until you have a crumbly mixture. Sprinkle this mixture on top of your pumpkin cake and lightly press down.
2. Bake at 350 for 30-40 minutes until a toothpick inserted in the center comes out clean. Let cool and if wanted you can drizzle with glaze or leave as is.



Featuring MariGold  
Pumpkin Spice Whey Protein Isolate  
(MariGoldBars.com)

