

Nana's Pumpkin Cake



Serves	12
Prep time	20 minutes
Cook time	1 hour, 30 minutes
Total time	1 hour, 50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Moderate Chemical , RPAH Elimination Diet – Very High Chemical , Salicylate Challenge
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 2 teaspoons baking powder
- 1 cup plain white flour (sifted)
- 1 egg
- 1/2 cup warm mashed Butternut/Squash pumpkin
- 1/2 cup white sugar
- 60g butter or Nuttalex (softened)

Optional

- 225g chopped dried fruits and nuts (any combination of dried pear, banana, paw paw, raw cashews, raw almonds)

Directions

1. Preheat the oven to 180°C and grease and line a small cake tin, or use a silicon cake pan.
2. Cream the butter and sugar in a large bowl until light and fluffy
3. Add the egg and beat until well combined.
4. Add the pumpkin, flour, baking powder and dried fruit and nuts and mix until well combined.
5. Pour into the prepared cake tin.
6. Bake in the oven for 1 - 1/2 hours with no fan. A fan-forced oven will take less time.
7. Allow to cool slightly in the pan, then transfer to a wire rack to cool completely.

Note

Moderate / High Salicylates, Low Glutamates, Low / Very High Amines

The dried fruit and nuts can be left out of this recipe, or use a combination that suits you. If you only use dried pears and raw cashews this recipe is moderate in salicylates and low in glutamates and amines.

Dried pears are low chemical, dried bananas and paw paws are very high amines.

Raw cashews are low chemical, almonds are high in salicylates and amines.

Use preservative free dried fruit or [make your own](#).

Use Nuttalex for a dairy free version.

This recipe is half my Nana's original recipe, so if you want a larger cake just double all the ingredients.