



Lactose-Free Low Sugar Pumpkin Spice Cake

Please read through the recipe before making it, to assure the ingredients will work well with your food restrictions and sensitivities.

What You Need

- 3 Cups all-purpose flour
- 3/4 tsp. Baking soda
- 3/4 tsp. Baking powder
- 1/4 tsp. Salt (optional)
- 1 1/2 Cups brown sugar, substitute (I use Splenda) *
- 1 1/2 Cups sugar substitute*
- 1 Cup unsalted lactose free butter (softened)*
- 3 Large eggs
- 2 tsp. Vanilla extract
- 1 1/2 Tbsp. pumpkin spice mix (I use McCormick)
- 1 1/2 Cups lactose free milk (I use Lactaid) *
- 1 Can of pumpkin 15oz. (I use LIBBY'S 100% Pure Organic Pumpkin)
- 1 Tbsp. canola oil
- Parchment Paper

9 x 5 Loaf pan

1 Large mixing bowl

1 Medium mixing bowl

Whisk

Rubber Spatula

Cooling Rack

Before You Start

Preheat oven to 325°, line the loaf pan with parchment paper (leave about one inch overhang on each end so you can lift it out easily) add the canola oil and spread all over the inside bottom and sides of the parchment lined pan (you can also add a light dusting of flour too).

Let's Make It!

In a medium mixing bowl, using a whisk, combine flour, baking soda, and salt and set aside. In a large mixing bowl whisk together, sugars and butter. Add eggs and whisk well to combine. Using a rubber spatula fold in the vanilla and pumpkin spice. Add dry ingredients and milk (alternating, dry then milk, repeat) to the wet ingredients and whisk to combine. Just a little at a time until all is combined. Using a rubber spatula fold in the canned pumpkin. Pour batter evenly into the loaf pan and bake for 25-30 minutes on top rack (check it at 20 minutes) using the toothpick testing method for "doneness"*Remove from oven and let cool in pan for 10-15 minutes, then carefully lift the cake out of the pan by grasping securely the ends of the parchment paper and place it onto the wire cooling rack.

Katies Tid Bits -serve with whipped topping, your favorite cream cheese frosting or a dusting of powdered sugar

*Substitutions

For Brown sugar – 1 cup brown sugar

For sugar -use equal measure white granulated

For butter- use equal measure unsalted butter

For milk -use equal measure buttermilk. Some nut milk works well with this recipe, best almond milk.

*Toothpick inserted in center comes out clean.

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