

Sourdough Pumpkin Pound Cake



When I got my hands on some of our grandmother's favorite holiday recipes, I knew this one had to happen.

I swapped all the junk ingredients for real ingredients:

- corn oil and margarine for real butter
- canned pumpkin for fresh, roasted pumpkin purée
- packaged cream cheese for my simple one ingredient homemade cream cheese
- organic flour, fermented with sourdough starter
- organic raw cane sugar

And let me tell you, I honestly don't think I've ever had a more delicious pumpkin dessert. While I will now always make it this way, you absolutely can use canned pumpkin and store bought cream cheese!



INGREDIENTS

Dry Ingredients

- 280g organic AP flour
- 3/4 teaspoon salt
- 1.5 teaspoons cinnamon
- 3/4 teaspoons baking powder
- 1.5 teaspoon baking soda

Wet Ingredients

- 170g butter, room temp
- 200g organic cane sugar
- 120g organic brown sugar
- 8g vanilla
- 150g starter (discard or active)
- 2 large eggs
- 315g pumpkin purée

Frosting

- 2 cups organic powdered sugar
- 8oz cream cheese, room temp
- 1 tsp vanilla
- 115g butter, room temp

DIRECTIONS

First, make your pumpkin purée and cream cheese:

How To: [Homemade Pumpkin Purée](#)

How To: [Easy ONE Ingredient Cream Cheese](#)

- Preheat your oven to 350 degrees.
- Prepare a cake or Bundt pan by brushing with butter.
- In a large mixing bowl whisk the dry ingredients.
- In another bowl, cream the butter, sugar, and brown sugar until fluffy.
- Beat in pumpkin, eggs, starter, and vanilla.
- Gradually fold dry ingredients to the wet mixture just until combined, don't over mix.
- Bake at 350 for 35-45min until a sharp knife or toothpick comes out almost clean.
- Cool in pan for 10min.
- Once cool, using a mixer, combine the frosting ingredients & pour over.
- Enjoy!

Our grandmother's recipe calls for 1 cup of chopped pecans over the top but I'm the only one who likes nuts in my house so we skipped.

But adding them is amazing!

LONG FERMENTED INSTRUCTIONS cont. next page

Sourdough Pumpkin Pound Cake



LONG FERMENTED INSTRUCTIONS

- In a large mixing bowl whisk the dry ingredients. In another bowl, cream the butter, sugar, and brown sugar until fluffy. Beat in pumpkin, eggs, starter, and vanilla. Gradually fold dry ingredients to the wet mixture.
- Cover with plastic wrap or a tea towel and allow to ferment on the counter for 6-8 hours or the fridge for up to 3 days.
- The next day, preheat oven to 350F. Pour into buttered cake or Bundt pan.
- Continue as directed in main recipe starting at Step 7.

Hi, I'm Lyndsay!

I'm a Registered Holistic Nutritionist, Trainer, and mom. I love creating and sharing recipes that not only nourish my family but are also delicious. Cooking and baking real food and bread is my love language. If this is your vibe too, I'd love to connect! Here's where you can find me:

