

Pumpkin Bread

Pumpkin bread is a delicious quick bread that is easy to make. You can use it for a special breakfast or as an afternoon snack—and it's not too sweet.

Makes: 1 loaf (9 x 5-inch glass loaf pan)

Ingredients

1 cup canned pumpkin*
¼ cup sunflower oil
½ cup maple syrup
1 teaspoon vanilla extract
½ teaspoon sea salt
1 teaspoon baking soda
½ teaspoon nutmeg
1 teaspoon cinnamon
1¾ cups whole wheat pastry flour

Instructions

Preheat oven to 350°.

In a large bowl, mix 1 cup canned pumpkin, ¼ cup sunflower oil, ½ cup maple syrup and 1 teaspoon vanilla extract.

In a separate bowl, mix ½ teaspoon sea salt, 1 teaspoon baking soda, ½ teaspoon nutmeg, 1 teaspoon cinnamon and 1¾ cups whole-wheat pastry flour.

Mix dry ingredients into the wet ones. Fold until just mixed (do not over mix). Spoon and spread into oiled 9 x 5-inch loaf pan and bake for 40–50 minutes or until center is set and toothpick inserted into center comes out clean. [When baking, if the top starts to brown too quickly, cover it with foil to keep it from burning.]

This bread freezes well. So after it cools down, wrap it in foil and freeze it.

*You can replace the pumpkin with 1 cup mashed ripe bananas and ½ cup chopped walnuts.

