Spiced Pumpkin Bread

Source: Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermyer

This moist, delicious bread is spiced to perfection.

About the Recipe

140 Calories · 3 g Protein · 4 g Fiber
Breakfast · Snack

Pumpkin is high in vitamins A and C, which can help boost your immune system.

Ingredients

Makes 12 slices (1 loaf) Servings

- 2 c (240 g) whole-wheat pastry flour, sifted
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/4 tsp (1.2 mL) iodized salt
- 1 1/2 tbsp (22.5 mL) ground flaxseed
- 1 tsp (5 mL) ground cinnamon
- 1 tsp (5 mL) ground ginger
- 1/2 tsp (2.5 mL) pumpkin pie spice
- 1/2 c (120 mL) low-fat nondairy milk
- 1 1/8 c (270 mL) pumpkin puree
- 8 tbsp (120 mL) maple syrup
- 1/2 tsp (2.5 mL) brown rice vinegar
- 1 tsp (5 mL) pure vanilla extract
- 1/2 c (80 g) raisins

Directions

1. Preheat the oven to 350 F (177C) and grease a 1 1/2-quart (1.4-L) loaf pan.
2. In a large bowl, whisk together the dry ingredients (flour, baking powder, baking soda, salt, flaxseed meal, cinnamon, ginger, and pumpkin pie spice).
3. In another bowl, whisk together the milk, pumpkin puree, maple syrup, vinegar, and vanilla.
4. Fold the wet ingredients into the dry ingredients to combine. Fold in raisins.
5. Pour the mixture evenly into the loaf pan.
6. Bake for 1 hour (60 minutes), or until the center springs back to the touch and a toothpick comes out clean.
7. Let cool. Store in a covered container.

Nutrition Facts

Per serving (1 slice):

Calories: 141 kcal
Fat: 1 g
    Saturated Fat: <0.5 g
    Calories From Fat: 6%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 28 g
Sugar: 13 g
Fiber: 4 g
Sodium: 204 mg
Calcium: 71 mg
Iron: 1.4 mg
Vitamin C: 1.1 mg
Beta-Carotene: 1595 mcg
Vitamin E: 0.4 mg