Pumpkin Bread

Source: Simply Plant Based by Vanita Rahman, MD

This seasonal delicacy is moist and fragrant with sweet spices. It's especially welcome on chilly autumn mornings.

About the Recipe

Calories · Protein · Fiber Dessert

Tips: Cool completely before storing. Stored in an airtight container in the refrigerator, the bread will keep for about 4 days.

Ingredients

Makes Makes 1 loaf, 6 Servings

- 1 3/4 cups whole wheat pastry flour
- 1/2 cup brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1 (15-ounce) can unsweetened pumpkin puree
- 1/4 cup smooth almond butter
- 1/4 cup unsweetened applesauce
- 2 tablespoons water
- 2 tablespoons maple syrup
- 1 tablespoon raw pumpkin seeds
- 1½ teaspoons sugar (preferably coarse sugar with large crystals)

Directions

- 1. Preheat the oven to 350 F. Line a 9-by-5-inch loaf pan with parchment paper.
- 2. Put the flour, brown sugar, baking soda, cinnamon, salt, baking powder, nutmeg, and ginger in a large bowl and stir until well combined.
- 3. Add the pumpkin puree, almond butter, applesauce, water, and maple syrup and incorporate using an electric hand or stand mixer until well combined.
- 4. Pour into the lined loaf pan. Sprinkle the pumpkin seeds and sugar evenly over the top.
- 5. Bake for about 50 minutes, until a toothpick inserted into the center comes out clean. Let cool for 10 minutes before slicing.