Pumpkin Bread

Source: Simply Plant Based by Vanita Rahman, M.D.

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 Servings

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

1. Preheat the oven to 350 degrees F. Line a 9 x 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 purée, 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.