



# Pumpkin Bread

## Instructions:

- Preheat oven to 350 degrees Fahrenheit.
- Sift the dry ingredients together in a bowl. Add nuts, or chocolate chips (if using). Mix well.
- In a separate bowl or mixer, mix the butter and sugar; add one egg at a time until well combined.
- Add the pumpkin, milk, and vanilla to the butter/sugar mixture.
- Mix the wet and dry ingredients until well combined. Do not over mix.
- Bake in the oven for 45 – 55 minutes or until an inserted toothpick comes out clean.
- After baking, allow it to cool completely.
- Slice into 1–2-inch slices, wrap in plastic wrap and freeze in a freezer bag.
- In the morning, remove from freezer and allow to come to room temperature or reheat. Spread with butter or nut butter of choice. Enjoy!
- Nutrition Facts, per slice (approximate)– 178 calories, 6 gm fat, 21 mg cholesterol, 213 mg sodium, 28 gm carbs, 3 gm fiber, 2.1 gm protein, 20 mcg vitamin A

## Health benefits:

- Pumpkin – This fruit, its seeds and peel are a rich source of vitamins A, C and E, potassium, manganese, copper, fiber, antioxidants, improves health of skin, gut, eyes, heart and stabilizes blood pressure, blood sugar, reduces inflammation and fights cancer. Supports healthy weight (fat-free) and the oil from the seeds are a rich source of fatty acids.
- Spices – Anti-inflammatory and anti-cancer properties, improves blood sugar, reduces pain, improves digestion, supports weight loss.

## \* Recipe modifications:

- When substituting flour, some grains (almond, millet, oatmeal, buckwheat) will have a granular texture that will affect the taste and texture of the bread. Coconut flour has a high absorbency rate and can substitute for up to 1/3 cup of regular flour; add one additional egg or ¼ cup of liquid per ¼ - 1/3 cup of coconut flour in the recipe.
- Sugar can be reduced by up to 1/3 cup with very little impact on the taste. For each 1 cup of sugar, you can use 2/3 cup instead to reduce calories and the amount of sugar.

• **\* 3 cups gluten free flour**  
(almond, brown rice, teff, coconut, oatmeal, buckwheat sorghum, millet, cassava)

• **2 tsp baking soda**

• **1 ½ tsp salt (Sea, Kosher or Himalayan)**

**1 tsp ground nutmeg**

**3 tsp ground cinnamon**

**½ tsp ground ginger**

• **\* 3 cups granulated sugar**  
(coconut, maple, or date) or **1 1/3 cup honey, date syrup, agave syrup, or maple syrup**

• **1/2 cup unsalted butter or vegan butter (softened)**

**½ cup oil (grapeseed, olive, avocado, or coconut)**

• **4 eggs or egg substitute/replacer**

• **2 cups organic pureed pumpkin (15 ounces)**

• **2/3 cup plain kefir, coconut milk, buttermilk, plain yogurt, or sour cream**

• **2 tsp pure vanilla extract**

**Optional: ¼ cup activated nuts, chocolate chips or nondairy chocolate chips**



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