

Pumpkin Bread

INGREDIENTS

- 1/3 cup extra-virgin olive oil
- 1/2 cup maple syrup
- 1/4 cup applesauce
- 2 eggs
- 1 cup pumpkin purée
- 1/4 cup milk of choice
- 1/4 cup coconut sugar
- 1 1/2 teaspoons pumpkin spice blend
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 3/4 cups white whole wheat flour
- Totally optional:
- 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips

DIRECTIONS

1. Preheat oven to 325 degrees Fahrenheit and grease a 9x5-inch loaf pan.
2. In a large bowl, beat the oil and syrup together together with a whisk. Add the eggs, coconut sugar, and whisk until blended.
3. Add the pumpkin purée, milk, pumpkin spice, baking soda, vanilla and salt, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon or pumpkin pie spice
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean Let the bread cool in the loaf pan for 10 minutes, then carefully transfer the bread to a cooling rack to cool for 20 minutes before slicing.