

Healthy Pumpkin Bread

(Egg-Free, Dairy-Free, Gluten-Free, Sugar-Free)

Ingredients

15 oz 100% pumpkin puree
1/3 C olive oil
1/2 C honey
1/2 C unsweetened applesauce
1/4 C coconut milk (or almond milk if you prefer)
1 t white vinegar
2 t vanilla extract

1/2 t salt
1 t baking soda
1 t baking powder
2 C Gluten-Free flour blend
1/2 C Corn Starch
2 t cinnamon
1/2 t ginger
1/2 t cloves
1/2 t nutmeg
1/2 t allspice

Directions

Combine pumpkin puree, olive oil, honey, and applesauce and blend until smooth. Meanwhile, combine coconut milk and vinegar in a separate bowl and allow to sit for 1-2 minutes. Combine milk/vinegar and vanilla with other wet ingredients and blend until well combined.

In a separate bowl, combine, salt, baking soda, flour blend, corn starch, cinnamon, ginger, cloves, nutmeg, and allspice and lightly mix until evenly combined.

Proceed to add dry ingredients to wet ingredients and blend until smooth.

Preheat oven to 350 degrees. Grease 5-6 mini bread pan with butter substitute or olive oil. Use a rubber spatula to evenly distribute all of the batter into your bread pans, and then even out your batter in each one.

Place three of your pans in the oven at a time and bake for 30-45 minutes on convection bake, or until you can stick a toothpick down the center and it comes out mostly clean. Allow bread to set for 30 minutes before serving. Enjoy!

BONUS RECIPE

Traditional Pumpkin Bread

Ingredients

15 oz 100% pumpkin puree
¼ C olive oil
¼ C butter substitute, softened or melted
2 eggs
½ C white sugar
½ C brown sugar
⅓ C coconut milk (or almond milk if you prefer)
1 t white vinegar
1 t vanilla extract

1 t salt
1 t baking soda
1 t baking powder
2 C Gluten-Free flour blend
2 t cinnamon
½ t ginger
½ t cloves
½ t nutmeg
½ t allspice



Directions

Combine pumpkin puree, olive oil, butter substitute, and sugars and blend until well combined. Meanwhile, combine coconut milk and vinegar in a separate bowl and allow to sit for 1-2 minutes. Combine milk/vinegar and vanilla with other wet ingredients and blend until well combined.

In a separate bowl, combine, salt, baking soda, flour blend, cinnamon, ginger, cloves, nutmeg, and allspice and lightly mix until evenly combined.

Proceed to add dry ingredients to wet ingredients and blend until smooth.

Preheat oven to 350 degrees. Grease 5-6 mini bread pan with butter substitute or olive oil. Use a rubber spatula to evenly distribute all of the batter into your bread pans, and then even out your batter in each one.

Place three of your pans in the oven at a time and bake for 30-45 minutes on convection bake, or until you can stick a toothpick down the center and it comes out mostly clean. Allow bread to set for 30 minutes before serving. Enjoy!

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