

## EASY VEGAN PUMPKIN BREAD

Prep Time: 10 minutes

Cook Time: 45 - 50 minutes

Makes One Loaf (Typical loaf pan is 8" x 4 ½" x 2 ¾")

### ingredients

- 1 ½ cups whole wheat pastry flour
- ¼ teaspoon baking powder
- 1 teaspoon baking soda (aluminum-free preferred)
- 1 teaspoon salt
- ¾ teaspoon nutmeg
- ¾ teaspoon cinnamon
- 2 tablespoons ground flaxseed
- 1 cup pumpkin puree
- ½ cup unsweetened applesauce
- ½ cup non-dairy milk
- ¾ cup sugar (organic preferred)
- 2 teaspoons vanilla extract

### directions

Preheat your oven to 350°.

Line your loaf pan with parchment paper. (If you are not strict about the use of oil, lightly spray it instead of parchment paper. We use this product when needed.)

In a large mixing bowl, add 1 ½ cups whole wheat pastry flour, ¼ teaspoon baking powder, 1 teaspoon baking soda, 1 teaspoon salt, ¾ teaspoon nutmeg, ¾ teaspoon cinnamon, and 1 teaspoon salt. Stir until well incorporated -- no major lumps.

Next, in a different mixing bowl, whisk together 2 tablespoons ground flaxseed, 1 cup pumpkin puree, ½ cup unsweetened applesauce, and ½ cup non-dairy milk. Once well incorporated, add ¾ cup sugar and 2 teaspoons vanilla extract. Again, mix until well incorporated.



Pour the wet mixture into the flour mixture and fold together until well combined. Once the big lumps are gone, stop stirring -- we don't want to over mix because it leads to chewy pumpkin bread!

Pour the completed batter into your loaf pan and bake until a wooden toothpick comes out clean, about 45 to 50 minutes.

Most people say to let it cool completely before slicing to prevent it from drying out but sometimes I can't resist. You do you.

Enjoy!

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