



Pumpkin Spice Bread (with Baking Substitutions)

Makes ~2 Dozen muffins, or 3 loaves

Ingredients:

Wet Ingredients:

- 1 (15oz) can pumpkin puree
- 4 eggs (or 2 eggs + 6 Tablespoon Ground flax seed + 6 Tablespoon Water)
- 1 cup Vegetable Oil (or ½ c vegetable oil + ½ cup unsweetened applesauce)
- 2/3 cup water
- 3 cup white sugar (or 1 cup white sugar)

Dry Ingredients:

- 3 ½ cup all-purpose flour (or 3 ½ cup whole-wheat flour)
- 2 teaspoon baking soda
- 1 ½ teaspoon salt (or ¾ teaspoon salt)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- ¼ teaspoon ground ginger
- 1 c chopped walnuts (optional)

Steps:

- ▶ Preheat oven to 350 degrees. In large bowl mix wet ingredients.
- ▶ In separate, medium bowl whisk together the dry ingredients until evenly distributed.
- ▶ Stir the dry ingredients into the wet ingredients until just blended. Make sure to leave some clumps.
- ▶ Pour mixture into lightly oiled pan ¾ full. Bake on middle to upper oven rack
 - ▶ Loaves: 50 minutes-Fills three 7X3 inch loaf pans
 - ▶ Muffins: 15-18 minutes

Tips from the Test Kitchen: Make sure to minimize over stirring when mixing the dry ingredients into the wet. This will make a tougher bread texture. Leave the batter a little clumpy. If minimizing the sugar amount, you may want to add less spices. Using substitutions will result in a smaller yield.