

Whole Grain Pumpkin Bread

Ingredients

- 1 $\frac{3}{4}$ cups whole wheat pastry flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{2}$ tsp salt
- 1 cup pumpkin puree (not pie filling)
- $\frac{1}{2}$ cup maple syrup or honey
- 2 eggs
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup unsweetened applesauce
- 1 tsp vanilla extract

Instructions

1. Preheat Oven: 350°F (175°C). Grease a loaf pan.
2. Mix Dry Ingredients: In a bowl, whisk flour, baking soda, baking powder, spices, and salt.

3. Mix Wet Ingredients: In another bowl, whisk pumpkin, syrup, eggs, oil, applesauce, and vanilla.
4. Combine: Fold dry ingredients into wet until just combined.
5. Bake: Pour batter into pan and bake 50–55 minutes until set.
6. Cool: Let rest 15 minutes before slicing.

Why This Helps Blood Sugar

Pumpkin is naturally low in carbs and high in vitamin A. Whole wheat pastry flour provides complex carbs that release energy steadily.
