

Whole Wheat Pumpkin Bread

Ingredients

- 2 cups whole wheat flour
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 1 ½ tsp cinnamon
- 1 tsp ground ginger
- ½ tsp nutmeg
- ½ cup coconut sugar
- ½ cup honey
- 2 eggs
- ½ cup olive oil
- 1 cup pumpkin puree (canned or fresh)
- ½ cup plain Greek yogurt

Instructions

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

3. Mix Wet Ingredients: In a separate bowl, whisk sugar, honey, eggs, oil, pumpkin puree, and yogurt until smooth.
4. Combine: Stir wet into dry until fully mixed.
5. Bake: Pour into loaf pan and bake 45–50 minutes until toothpick comes out clean.
6. Cool: Cool completely before slicing.

Why This Helps Blood Sugar

Pumpkin contains soluble fiber and beta-carotene, both beneficial for glucose control. Whole wheat flour adds slow-digesting carbs that prevent sugar spikes.