

Recipe: Coconut Pumpkin Nut Bread

Prep Time: 10 mins

Cook Time: 1 hrs 15 mins

Additional Time: 10 mins

Total Time: 1 hrs 35 mins

Ingredients

- 3 ½ cups all-purpose flour
- 2 cups packed dark brown sugar
- ⅓ cup white sugar
- 1 (15 ounce) can pumpkin puree
- 1 cup vegetable oil
- ⅔ cup coconut milk
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground nutmeg
- 1 ½ teaspoons ground cinnamon
- ⅓ cup unsweetened flaked coconut
- 1 cup chopped walnuts, toasted



Directions

Step 1

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8 x 4 inch loaf pans.

Step 2

- Combine flour, sugars, pumpkin, oil, coconut milk, baking soda, salt, and spices. Mix until well blended. Fold in coconut and nuts. Pour into prepared pans.

Step 3

- Bake for about 1 hour and 15 minutes, or until an inserted toothpick comes out clean. Remove from oven. Cover with foil tightly and allow to steam 10 minutes. Remove foil and turn out onto cooling rack. Tent lightly with the foil and allow to cool completely.

Nutritional Information

- Per serving: 374 calories; total fat 19g; saturated fat 5g; sodium 303mg; total carbohydrate 49g; dietary fiber 2g; total sugars 29g; protein 4g; vitamin c 1mg; calcium 37mg; iron 2mg; potassium 162mg

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