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Brenda Morgan's Pumpkin Bread

This recipe can be used to make 3 loaves of bread or muffins. I have put the baking times for each at the bottom. I use as many organic ingredients as possible. I hope that you enjoy them. They are super nutritious.

- 1 C. Whole Wheat Flour
- 1 C. White Flour
- 2 tsp baking soda
- 1 tbsp cinnamon
- 1/2 tsp salt
- 1 C. finely ground flax seeds
- 1 C. sugar
- 4 eggs
- 1/2 C. coconut oil, melted
- 1 C. unsweetened apple sauce
- 15oz can pureed pumpkin
- 1 can (~1 Cup) pineapple tidbits, **Not** drained
- 1 C raisins (optional)

Optional mix-ins that work very well: dried cranberries, chocolate chips, nuts

Combine dry ingredients in bowl and set aside. In large bowl, beat sugar and eggs until well blended. Add coconut oil and apple sauce. Combine dry ingredients to mixture. Add pumpkin and pineapple and raisins if desired. Grease desired baking vessels and divide batter evenly between them.

Bake at 350 F

3 loaves, 8x4": 55-70 mins

*I recommend using the 8x4" foil loaf pans. They come with covers and are easy to gift to friends and neighbors.

6 mini loaf pans: 40 mins

Muffins filled 3/4: 20-22 mins

Mini muffins: 16-18 mins

If you prefer a recipe with no sugar, you can use granulated Xylitol instead of sugar. It works wonderfully.

(After typing all of this, I want some right now.) ENJOY!