

Healthy Pumpkin Carrot Breakfast Loaf

A perfect way to start your day on these chilly mornings! This loaf offers a moist and chewy texture with nutrients that will leave you satisfied!

Makes 1 Large Loaf OR 3 Mini Loafs

Ingredients

- 1 ½ Cup whole-wheat flour
- ½ Cup old-fashioned oats
- 1 ½ tsp. Cinnamon
- 1 tsp ground ginger
- ¼ tsp cayenne
- 3 Tbsp pumpkin seeds
 - 1 Tbsp is saved for garnish
- ¼ Cup chopped walnuts
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- Pinch of salt
- 1 ½ tsp. baking soda
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- ¼ tsp. cloves
- ¾ Cup pumpkin puree
- ⅓ Cup whole milk (or any dairy free milk)
- ½ Cup honey (can also use maple syrup)
- ¼ Cup unsweetened apple sauce
- 1ea egg (you can use 1 Tbsp of ground flaxseed and 3 Tbsp warm water, let it sit for five minutes)
- 1 Cup carrot, shredded



Procedure

1. Preheat the oven to 350°. Grease the loaf pan with cooking spray, add flour, turn and shake the pan to thoroughly coat the base and walls. Tap out excess flour.
2. Pulse oats in a food processor until a fine powder.
3. Add dry ingredients (first 12 listed) to a bowl, whisk until thoroughly combined.
4. In a separate bowl add all wet ingredients besides the shredded carrots.
5. Add dry ingredients to the wet, mix until combined.
6. Fold in the carrots until just combined.
7. Pour batter into designated loaf pan, garnish pumpkin seeds and walnuts.
8. Bake for 45 minutes, or until a toothpick inserted into the middle comes out clean.
9. Once baked I flip the loaf out onto a cutting board, to cool. I like to keep a knife and some butter nearby to enjoy the delicious outcome of my hard work!