Vegan Pumpkin Bread



Makes about 24 Servings

* Recommended serving size- 3”x 3” square
* 218 Calories
* 7 Grams of Fat
* 20 Grams of Carbohydrate
* 6 Grams of Fiber
* 34% Vitamin A Requirements

**Directions:**

1. Preheat the oven to 350 degrees.  
2. Mix all dry ingredients together in a bowl.  
3. In a separate bowl, mix the almond milk and apple cider vinegar and leave off to the side to coagulate for 10 minutes.  
4. Mix all wet ingredients in a separate bowl.  
5. Slowly combine the wet and dry ingredients, making sure to add the apple cider vinegar almond milk mix last.  
6 Mix until uniform in consistency.  
7. Pour into a 12" x 8.5" x 2" baking pan.   
8. Bake 30-40 minutes, check with toothpick until no longer gooey in the middle.

**Ingredients:**

\* 3 C Whole Wheat Flour   
\* 1 C Organic Brown Sugar  
\* 1 Tbsp. Baking Powder  
\* 1.5 tsp. Baking Soda  
\* 1 Tbsp. Cinnamon  
\* 3 Dashes Ground Cloves  
\* 3 Dashes All Spice  
\* 3 Dashes Cardamom  
\* 3 Dashes Nutmeg  
\* 1.5 tsp. Powdered Ginger  
\* ½ C Hemp Seeds  
\* 2 Tbsp. Vanilla Extract  
\* 1.5 C Pumpkin Puree (Fresh if Possible)  
\* ½ C + 2 Tbsp. Olive Oil  
\* 3/4 C Apple Sauce (No Sugar Added)   
\* 3/4 C Almond Milk  
\* 1 Tbsp. Apple Cider Vinegar

\*Sugar can be substituted for sweetened applesauce, instead of unsweetened, ½ C honey, ½ C agave syrup, ¾ C date sugar, ½ C maple syrup, ¼ C evaporated cane juice, ½ C coconut palm sugar, ½ cup raw sugar or ¼ cup molasses.

Recipe By: Dahlia Gerges  
Cal Poly Pomona Dietetic Intern, 2012