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.

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