

Vegan Pumpkin Bread



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
- * ¾ C Apple Sauce (No Sugar Added)
- * ¾ 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.

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.

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