



Healthy Pumpkin Bread

Ingredients:

- ⅓ cup melted coconut oil or extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup pumpkin purée
- ¼ cup milk of choice or water
- 1 ½ teaspoons pumpkin spice blend (or ½ teaspoon cinnamon, ½ teaspoon ground ginger, ¼ teaspoon ground nutmeg, and ¼ teaspoon allspice or cloves)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 ¾ cups white whole wheat flour or regular whole wheat flour
- Optional: ½ cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit...
- Pinch of ground cinnamon, for sprinkling on top



Directions:

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius) and grease a 9×5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and whisk until blended.
3. Add the pumpkin purée, milk, pumpkin spice, baking soda, vanilla and salt, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok. If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then carefully transfer the bread to a cooling rack to cool for 20 minutes before slicing.

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