A group of pumpkins

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Moist Healthy Pumpkin Bread

Cook Time: 35-45 minutes

*INGREDIENTS:*

*2 Cups whole wheat white flour*

*1 teaspoon baking soda*

*1 teaspoon baking powder*

*1 teaspoon cinnamon*

*1/4 teaspoon allspice*

*1/2 teaspoon salt*

*2 cups pumpkin puree (NOT PUMPKIN PIE FILLING)*

*1/4 cup unsweetened applesauce*

*1/2 cup honey*

*1/4 cup melted butter*

*1/4 cup extra virgin olive oil*

*2 teaspoons vanilla extract*

*2 eggs beaten*

1. Grease two 2- 4"x8" loaf glass Pyrex pans with olive oil spray and line with parchment paper.

2. Pre-heat oven to 350 degrees or 325 degrees for convection oven.

3. Whisk all dry ingredients (flour, baking soda, baking powder, cinnamon, allspice, and salt) together in one bowl. Set aside.

4. In a separate bowl whisk to combine the wet ingredients (Pumpkin puree, unsweetened applesauce, honey, melted butter, extra virgin olive, vanilla extract, and eggs).

5. Add the wet ingredients (pumpkin mixture) to the dry ingredients (flour mixture).  Mix just until combined.  DO NOT over mix!

6. Pour batter equally into prepared pans.

7. Bake for 35-40 minutes.\*

8. Allow bread to cool in the pan for 10 minutes before removing it and transferring it to a wire rack.

ENJOY!!

\* Note: After 35 minutes, check with toothpick (the toothpick should come out clean when inserted in center of loaf) …if toothpick does not come out clean put back in oven for another 5-10 minutes. This process depends on your oven.