



Pumpkin Loaf



Prep Time: 20 mins Cook Time: 45 min Serves: 12

Ingredients:

- 1 ½ cups whole wheat flour
- 2 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp allspice
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 cup canned pumpkin purée unsweetened
- ½ cup oat milk
- ¼ cup olive oil
- 4 Tbsp honey
- 2 eggs
- 2 tsp vanilla

Instructions:

1. Preheat the oven to 350°F and line an 8x4-inch loaf pan with parchment paper.
2. In a medium bowl, combine the flour, cinnamon, nutmeg, allspice, baking powder, baking soda, and salt.
3. In a large bowl whisk together the pumpkin purée, eggs, milk, olive oil, honey, and vanilla until smooth.
4. Pour the dry ingredients into the bowl of wet ingredients and stir until combined. Be careful not to over mix.
5. Spoon the batter into the loaf pan and bake for 45 to 50 minutes, or until an inserted toothpick comes out clean.

Don't have a loaf pan? Make muffins! Just bake them for about 25 minutes. For a special treat add ¼ cup chocolate chips!