

# Aunt Bessie's Pumpkin Bread

20 SERVINGS 1 HOUR



## INGREDIENTS

1 1/2 cups Pureed Pumpkin  
1/2 cup Unsweetened Applesauce  
1/4 cup Walnut Oil (or canola)  
3/4 cup Stevia Baking Blend  
3/4 cup Granulated Sugar  
1/2 cup Egg Whites (Or Egg Substitute) (or plant based egg substitute)  
1 tbsp Ground Flax Seed  
2 tbsps Water  
2 1/3 cups Whole Wheat Pastry Flour  
3/4 tsp Baking Powder  
3/4 tsp Baking Soda  
1/4 tsp Sea Salt  
3/4 tsp Cinnamon  
3/4 tsp Nutmeg  
3/4 tsp Ground Cloves

## NUTRITION

### AMOUNT PER SERVING

Calories	153	Fiber	3g
Fat	3g	Sugar	9g
Saturated	0g	Protein	3g
Trans	0g	Cholesterol	0mg
Carbs	27g	Sodium	106mg

## DIRECTIONS

- 01 Preheat oven to 350 degrees F. Spray two 9 X 5-inch loaf pans with nonstick spray.
- 02 In a large bowl, mix together pumpkin, oil, applesauce, stevia baking blend, sugar, egg substitute, flax seed and water.
- 03 In a medium bowl, combine flours, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the pumpkin mixture until well blended.
- 04 Gradually by hand, fold flour mixture into pumpkin mixture until dry ingredients are combined. Don't over mix.
- 05 Divide the batter evenly between the prepared pans.
- 06 Bake in preheated oven for 45 minutes to an hour. The top of the loaf should spring back when lightly pressed.

## NOTES

### MAKE MUFFINS

Bake in muffin tins for even better portion control.

### MAKE VEGAN

All the egg could be replaced with a vegan egg replacer to make it vegan.