

## Pumpkin Bread

2 egg replacement equivalent \_ See below

1 cup pumpkin puree

1/3 cup maple syrup

¼ cup brown sugar (can use Florida Crystals)

3 Tbsp. oil

1 tsp. baking soda

1 tsp. cinnamon

½ tsp pumpkin spice

¼ tsp salt

½ cup almond milk

1 cup whole wheat pastry flour

1/3 cup oat flour

Add together maple syrup, pumpkin, brown sugar, "eggs" and oil, stir. Next add spices, milk, and flours. Spray 7 ½" X 3 1/2" small loaf pan – pour mixture into pan. Double the recipe for a 9X5 size loaf pan.

Bake @ 350 for 50-60 minutes Remove bread from pan after it cools for a few minutes.

Options: Add currants, nuts or mini chips before baking

Egg Replacement technique:

Energ Egg Replacer - Recipe for 2 "Eggs"

3 teaspoons of the dry powder Ener-G Egg Replacer

4 tablespoon warm water

Mix thoroughly before adding to the recipe