

Meals from Your Market



Pumpkin Bread

Ingredients

Source: 100daysofrealfood.com

- 1 ½ cups white whole-wheat flour
- 1 ½ teaspoons cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon nutmeg
- ⅛ teaspoon cloves
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 2 eggs
- ½ cup veg. oil (I used coconut oil)
- ½ cup honey
- ½ teaspoon vanilla
- 1 cup pumpkin puree
- ½ cup chopped walnuts (optional)

Instructions Preheat oven to 350°. In large mixing bowl, whisk together dry ingredients. Make a well (hole) in the center and throw in eggs, oil, honey and vanilla. Stir together thoroughly with a fork, but do not over-mix. Fold in the pumpkin puree and nuts. Generously grease a large loaf pan or put muffin liners in muffin pan. Pour in the batter. For a loaf, bake 30 – 40 minutes and for muffins 18 – 22 minutes. Check for doneness by making sure a toothpick inserted comes out clean.

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Pumpkin Pleasers

Pumpkin Smoothie Parfait Stir 1 cup pumpkin puree into vanilla yogurt. Layer with granola.

Pumped-Up Pancakes Add 1/2 cup pumpkin puree and 1/2 tsp pumpkin-pie spice to your favorite pancake batter.

Pumpkin Hummus Combine 2 cups pumpkin puree, 2 Tbsp tahini, 1 garlic clove, 1 tsp olive oil, and 1/2 tsp each ground cumin and salt in a food processor. Serve with toasted pita bread.

Pumpkin Snack Balls Combine 1 cup oatmeal, 1/2 tsp pumpkin-pie spice, 3 Tbsp pumpkin puree, 1/4 cup brown sugar, and 1/4 cup raisins in a mixing bowl. Form into 1-inch balls and roll in powdered sugar.

Pumpkin Oats and Honey Stir 1/4 cup pumpkin puree into prepared oatmeal, and top with a sprinkle of cinnamon and a drizzle of honey.

Pumpkin Spread Stir pumpkin puree and pumpkin-pie spice into cream cheese. Spread on toast or bagels.

Source: www.parenting.com/article/pumpkin-recipes

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Pumped-Up Pancakes Add 1/2 cup pumpkin puree and 1/2 tsp pumpkin-pie spice to your favorite pancake batter.

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