

Pumpkin Applesauce Loaf

This delicious and nutritious pumpkin loaf is naturally sweetened. A perfect snack or dessert. Top with almond butter for extra yumminess and nutrition.

Makes: 1 loaf (9 in X 5 in)

Ingredients

2 eggs, beaten lightly
1 tsp. coconut oil-to grease the loaf pan
1 1/2 cups oats, quick cooking rolled or sprouted oats
1, 15 oz, can pumpkin
1 cup unsweetened applesauce
1/3 cup dark maple syrup
1 teaspoon vanilla
1 teaspoon pumpkin pie spice blend
1 teaspoon cinnamon powder
1 tsp baking soda
½ tsp baking powder
Option: 1 cup dark chocolate chips, 1 cup walnuts

Instructions

Preheat oven to 350 deg. F. Grease a loaf pan (coconut oil works well).
In a large bowl, beat the eggs.
Add the oats, pumpkin, applesauce, maple syrup, vanilla, pumpkin pie spice, cinnamon, baking soda, baking powder.
Using a fork or spoon, mix well.
Option: Stir in the chocolate chips and /or walnuts.
Pour into the greased loaf pan.
Bake about 25 minutes or until done. Let cool.

Options

Instead of a loaf, make pumpkin muffins-12 regular or 24 mini muffins
Instead of maple syrup-use 3 Medjool dates, pitted, soaked in 1/2 cup water for 1 hour, use soaked dates & soaking water.
Make your own pumpkin pie spice blend*

*Pumpkin Pie Spice Blend

4 1/2 tablespoons cinnamon
3 teaspoons ground ginger
3 teaspoons nutmeg
2 teaspoons allspice
2 teaspoons ground cloves