

# Pumpkin Bread

*Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Dairy*

30 ounces (2 cups) of canned pureed pumpkin

1 cup olive oil (mild)

1 cup applesauce

2/3 cup maple syrup

2/3 cup water

A dash of vanilla

4 cups white flour

3 cups whole wheat flour

4 tsp baking soda

2 tsp baking powder

1 tsp salt

1 tsp cinnamon

Preheat oven to 350 F and lightly grease a loaf or muffin pan. Combine the wet ingredients in a large bowl. Add the dry ingredients gradually, mixing thoroughly. Once the batter is smooth, pour it into the pan. Bake for roughly 1 hour for bread and 15-25 minutes for muffins, or until a knife inserted into the center comes out clean. Let cool, then run knife along the edges of the pan and flip onto a wrack to continue cooling. Serve warm or cold.

Servings: 6 – 8 (\$1.50/serving)

***\*This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free.***