

A HEALTHIER PUMPKIN BREAD

INGREDIENTS

6 tablespoons of butter OR coconut oil	1 teaspoon salt
1 cup sugar	1 teaspoon ground ginger
1/3 cup brown sugar	1/4 teaspoon ground cloves
2 large eggs	1 teaspoon baking soda
1 cup pumpkin puree	1/4 teaspoon baking powder
3/4 cup whole wheat flour	1/3 cup buttermilk OR any other milk
3/4 cup all purpose flour	1 teaspoon vanilla extract
1/3 cup wheat germ	1/2 cup walnuts OR pecans (optional)
1/2 teaspoon grated nutmeg	5-6 finely chopped prunes (optional)
1 1/2 teaspoons cinnamon	

LET'S MAKE IT!

Preheat oven to 350°F and grease a loaf pan.

Cream butter with sugars. Add eggs and pumpkin.

Mix dry ingredients in separate bowl.

In another bowl, mix milk and vanilla.

Add dry ingredients in 3 parts, alternating with wet ingredients to the butter/sugar/egg/pumpkin mixture.

Stir in nuts and/or prunes if adding and pour into prepared loaf pan.

Bake for one hour or until toothpick comes out of center cleanly.

Cool completely before removing from pan.

Enjoy!