

PUMPKIN SPICE QUICK BREAD

Perfect Pumpkin Spice Quick Bread that can be eaten at any time of the day. For breakfast or as a snack.

 25 minutes 1 hour and 25 minutes 8 portions

INGREDIENTS

- 1 1/4 cup of oat flour [188 g]
- 1/2 cup of red Mill Almond Flour [64 g]
- 1/3 cup of simple Truth Coconut Sugar [43 g]
- 2 large units of egg, whole, raw, fresh [100 g]
- 1 tbsp of honey [21 g]
- 1 tbsp of syrups, sugar free [15 g]
- 1 cup of pumpkin, canned, without salt [245 g]
- 1 tsp of spices, pumpkin pie spice [2 g]
- 1 tsp of spices, cinnamon, ground [3 g]
- 1 tbsp of apple cider vinegar [15 g]
- 1 tsp of leavening agents, baking soda [5 g]
- 1 dash of sea salt [0 g]
- 1/4 cup of dark chocolate chips 70% cacao solids [32 g]

COOKING METHOD

- 1° Preheat the oven to 350 degrees and grease the loaf pan .
- 2° In a mixing bowl, whisk coconut sugar, eggs, honey, sugar free-syrup, pumpkin puree and coconut oil.
- 3° Add the both flours, pumpkin spice, cinnamon, baking soda, apple cider vinegar and salt. Mix until they are combined.
- 4° Fold some of the dark chocolate chips and leave some for the top.
- 5° Pour the batter into your loaf pan and add a dash of cinnamon and the rest of the chocolate chips.
- 6° Bake for 45-50 minutes or until toothpick inserted in the middle comes out clean.
- 7° Wait until it's cooled down to enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (88 g)	% DRI
ENERGY	208 kcal	182 kcal	9 %
FAT	7 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	2 g	2 g	8 %
CHOLESTEROL	53 mg	47 mg	16 %
SODIUM	235 mg	205 mg	9 %
CARBOHYDRATE	30 g	26 g	9 %
SUGARS	5 g	4 g	—
FIBER	4 g	4 g	14 %
PROTEIN	7 g	6 g	—