

Healthy Pumpkin Bread

Yield: 1, nine-inch loaf



“This pumpkin bread is a heavy, healthy bread that is low in fat and cholesterol. After tasting it you would never know that there is only one tablespoon of butter in it!”

Rathleen King

Ingredients

- 1/2 cup **whole wheat flour**
- 1/2 cup **unbleached all-purpose flour**
- 1/2 cup **oat flour**
- 1/2 cup **wheat germ**
- 1/2 cup **sucanat (granulated cane sugar)**, or **raw sugar** (available at most health food stores)
- 1/4 teaspoon **salt**
- 1/4 teaspoon **baking soda**
- 1/2 teaspoon **baking powder**
- 1/4 teaspoon **cardamom**
- 1/4 teaspoon **nutmeg**
- 1/4 teaspoon **cinnamon**
- 1/2 cup **pecans**, chopped
- 1 tablespoon **salted butter**, melted
- 3/4 cup canned **pumpkin puree**
- 1/4 cup **brown rice syrup** (available at most health food stores)
- 1/4 cup **pure maple syrup**
- 4 large **egg whites**

Directions

- Preheat the oven to 350 degrees. Grease a 9 x 5 x 3-inch loaf pan.
- Combine the flours, wheat germ, sucanat, salt, baking soda, baking powder, cardamom, nutmeg, cinnamon, and pecans. Stir the mixture and set aside.
- Combine the melted butter, pumpkin puree, rice syrup, and maple syrup in a medium bowl.
- Beat the egg whites till they are stiff but not dry. Fold them into the pumpkin mixture.
- Fold the pumpkin and egg mixture into the flour mixture.
- Spoon the batter into the prepared pan.
- Bake the bread for 55 minutes or until it’s firm to the touch and a cake tester or toothpick comes out clean when inserted into the middle of the loaf.
- This bread will not rise and will be heavy, but the density works because the loaf can be sliced very thin.