

Healthier Pumpkin Bread

- 1 - 16 oz can pumpkin
- 1 1/2 cups Sucanat (or healthy sugar)
- 1/3 cup Grapeseed Oil
- 1/4 cup apple sauce
- 1 egg
- 1/2 t ground cloves
- 1/2 t sea salt
- 2 1/2 cups whole wheat PASTRY flour
- 1/2 t cinnamon
- 1/4 nutmeg
- 2 tsp baking soda
- 1 c chopped walnuts

Preheat oven to 350 degrees. Combine pumpkin, sugar, oil, and egg. Beat well. Combine remaining ingredients except nuts. Add to pumpkin mixture. Mix. Stir in nuts then spoon into mini loaf pans. Bake about 20+ minutes...keep checking. Use a toothpick to see when it comes out "clean".

Make as muffins too!