

INGREDIENTS

DRY INGREDIENTS

- 1-1/4 C GF FLOUR; BOB'S RED MILL 1-TO-1
(OR 1-1/4 C TRADITIONAL FLOUR)
- 1/2 C ROLLED OATS
- 1/2 TSP BAKING POWDER
- 1/2 TSP BAKING SODA
- 1/2 TSP SALT
- 1 T FLAX SEEDS (OPT)

WET INGREDIENTS

- FOR PUMPKIN: 15 OZ PUMPKIN PUREE*
- FOR BANANA: 2 C MASHED BANANA*
- 2 EGGS
- 1T LEMON JUICE
- 1/3 C SOUR CREAM OR PLAIN YOGURT
- 1/4 C AVOCADO OIL (OR BUTTER)
- 1/4 C AGAVE (OR HONEY)
- 1 TSP VANILLA EXTRACT
- 1/2 TSP CINNAMON
- 1/2 TSP NUTMEG (OR PUMPKIN PIE SPICE)

DIRECTIONS

- **PREHEAT OVEN TO 350°F**
- LIGHTLY OIL A METAL LOAF PAN
(OR TWO MINI PANS), SET ASIDE
- MIX DRY INGREDIENTS IN BOWL
- MIX WET INGREDIENTS IN BOWL
- ADD DRY TO WET AND MIX WELL
- SPOON INTO LOAF PAN
- SPRINKLE TOP OF LOAF WITH OATS
- BAKE FOR 50-60 MINUTES
(UNTIL TOOTHPICK COMES OUT CLEAN)
- LET COOL BEFORE REMOVING

NOTES: * YOU ARE USING PUMPKIN PUREE OR MASHED BANANAS DEPENDING ON THE TYPE OF BREAD YOU WANT, NOT BOTH.
15 OZ OF PUMPKIN PUREE IS USUALLY 1 CAN (BE SURE YOU AREN'T USING PIE FILLING).
2 C MASHED BANANAS IS 3-4 LG BANANAS.

THIS RECIPE IS GLUTEN FREE, BUT WHEAT FLOUR CAN BE USED IN EQUAL MEASURE.



PUMPKIN BREAD OR BANANA (GF)

 (1) loaf pan  10 min prep
50-60 min bake

Pumpkin Bread is a true fall favorite. Not only does this bread taste yum, but your home will smell a-mazing while it is baking. It's also an excellent low sugar option full of vitamins and minerals, perfect for a healthier fall treat. If you can't decide on one over the other, use 1 C of each for a pumpkin-banana bread. . . walnuts or chocolate chips (1/4 C) also make great add-ins!

FOOD FOR THOUGHT:

Did you know that pumpkin is actually a fruit that is approximately 90% water and every part is edible. The world's heaviest pumpkin to date was recorded October 2023 at 2,749 lb !! grown by Travis Gienger.