

Judi's Recipe Club



The Best PUMPKIN BREAD EVER!

This is, literally, not your every day pumpkin bread.

What makes this pumpkin bread so delicious are the combined flavors of orange and ginger... Or is it the toasted seeds and cranberries... I just can't decide.

One thing's for sure ... it's the best!

Cooking Instructions

Preheat oven to 375 degrees. Place pumpkin and sunflower seeds in a loaf pan and toast for 3 to 5 minutes. Transfer seeds to a small bowl. When pan is cool, lightly oil with olive oil.

In a large bowl, mix together flour, Sucanat, pumpkin pie spice, baking powder, baking soda, and salt. Add pumpkin purée, orange juice and zest, water, and oil, and stir gently to combine all ingredients.

Stir in cranberries, ginger, and 2/3 of the toasted seeds. Pour batter into prepared pan, sprinkle with remaining seeds and press into top of loaf. Bake for 30 to 35 minutes.

Makes one loaf



Ingredients

1/4 cup raw **pumpkin seeds**

2 tablespoons raw sunflower seeds

1-1/2 cups whole-wheat pastry flour

2/3 cup Sucanat

1-1/2 teaspoons **pumpkin pie spice**

1-1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon sea salt

3/4 cup canned **pumpkin purée**

Juice and zest of 1/2 orange

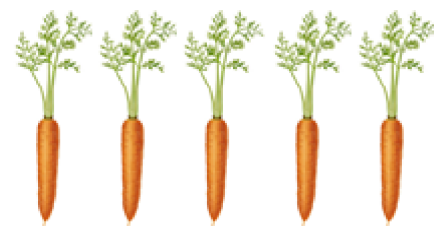
1/4 cup filtered water

3 tablespoons olive oil, plus additional for oiling pan

1/3 cup dried cranberries

3 tablespoons crystallized ginger, finely chopped

Our Rating ...



21 day
FIX Container Count

We're not even going to go there.

Original Recipe:
VegNews.com