

# Easy Pumpkin Bread

## Ingredients:

- 1 1/2 batches flax eggs (1 1/2 Tbsp (10 g) flaxseed meal + 4 Tbsp (60 ml) water)
  - 1/4 cup olive oil
  - 1/4 cup maple syrup (or honey if not vegan)
  - 3/4 cup pumpkin puree (I use fresh cooked pumpkin)
  - 2 Tbsp mashed ripe banana (primarily for binding)
  - 2/3 cup packed brown sugar (plus more to taste)
  - 1/2 tsp sea salt
  - 2 tsp baking soda
  - 1/2 tsp ground cinnamon
  - 1 tsp chai spice mix (plus more to taste)
  - 1/2 cup water
  - 1 cup gluten-free (or not) rolled oats
  - 1/2 heaping cup almond meal (or ground almonds)
  - 1 1/4 cup wheat flour (or gluten free if prefer)
  - 3 Tbsp raw pepitas

## How to make:

- Prepare flax eggs in a large mixing bowl and preheat oven to 375 degrees F (190 C).
- Prepare loaf pan by lightly greasing or lining with parchment paper.
- To flax eggs, add pumpkin, mashed banana, agave or maple syrup, and olive oil and whisk to combine.
- Next, add brown sugar, baking soda, salt, cinnamon, and pumpkin pie spice and whisk.
- Add water and whisk again.
- Add oats, almond meal, and gluten-free flour blend and stir. If it appears too wet, add in another couple Tbsp of oats or GF flour blend. It should be semi-thick and pourable.
- Scoop into loaf pan and top with raw pepitas (and/or pecans).
- Bake for 40-47 minutes or until deep golden brown and a toothpick inserted into the center comes out clean.
- Remove from oven and let set in pan for at least 20 minutes and then gently transfer to a plate to cool.
- Let cool completely before slicing, preferably several hours. Otherwise, it can be a bit crumbly.
- Also, slice gently, as it's rather tender.
- Once cooled, store in a covered container or cover with plastic wrap at room temperature to keep fresh. Freeze after that to keep fresh for up to one month.