



Perfect Pumpkin Bread for All (Gluten-Free & Vegan)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



12

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 Teaspoons double-acting baking powder
- ☐ 1 Teaspoon baking soda
- ☐ 1.3 cups brown rice flour white (can use rice flour if preferred)
- ☐ 0.3 cup buckwheat flour
- ☐ 0.7 cup coconut / palm sugar packed
- ☐ 0.5 Teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup pure

- ☐ 0.5 cup oil (grapeseed, coconut, canola, etc.; your choice)
- ☐ 0.5 cup potato flour
- ☐ 1.5 Teaspoons pumpkin pie spice
- ☐ 15 ounce pumpkin puree
- ☐ 0.5 Teaspoon salt
- ☐ 0.3 cup tapioca flour
- ☐ 1 Teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 2 Teaspoons xanthan gum for corn-free (can sub guar gum)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Lightly grease and flour (I used a little brown rice flour) 4 mini-loaf tins, and preheat your oven to 325°F. In a medium-sized bowl, combine the flours, starches, xanthan gum, baking powder, baking soda, spices, and salt. Set aside. In a large bowl, combine the sugar, pumpkin, oil, maple syrup, water, and vanilla. Stir in the flour mixture until all is just combined. It actually becomes smooth quickly. Divide the batter between your prepared tins, smoothing out the tops with the back of a spoon or spatula, since it will be a little thick.
- ☐ Bake the bread for 45 to 55 minutes, or until firm to the touch. The bread should pull slightly away from the pan when done, and will be lightly browned, but a toothpick inserted may yield a few very small crumbs, so I didn't rely on the toothpick test.
- ☐ Let the loaves cool for 10 minutes, before popping them out to cool completely on a wire rack. Resist the urge to cut into these loaves while still hot. Like any bread, they will be a bit crumbly when hot, but firm up perfectly as they cool.

Nutrition Facts



PROTEIN 4.7% FAT 7.53% CARBS 87.77%

Properties

Glycemic Index:11.96, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:12.788695615271%

Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 214.78kcal (10.74%), Fat: 1.84g (2.83%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 44.92g (16.33%), Sugar: 21.78g (24.2%), Cholesterol: 0mg (0%), Sodium: 286.03mg (12.44%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 2.58g (5.16%), Vitamin A: 5515.94IU (110.32%), Manganese: 1.25mg (62.53%), Fiber: 3.25g (12.98%), Vitamin B2: 0.21mg (12.53%), Phosphorus: 112.08mg (11.21%), Vitamin B6: 0.22mg (11.14%), Magnesium: 44.07mg (11.02%), Vitamin B3: 1.68mg (8.41%), Calcium: 83.7mg (8.37%), Vitamin B1: 0.12mg (8.22%), Potassium: 267.98mg (7.66%), Iron: 1.38mg (7.65%), Copper: 0.13mg (6.36%), Vitamin K: 5.95µg (5.67%), Zinc: 0.75mg (4.98%), Vitamin B5: 0.49mg (4.9%), Vitamin E: 0.63mg (4.17%), Folate: 11.13µg (2.78%), Vitamin C: 1.91mg (2.32%), Selenium: 0.87µg (1.24%)