

Pumpkin Spice Bread

READY IN



45 min.

SERVINGS



8

Directions

- Combine the wet ingredients in a medium-sized mixing bowl and blend well. In a large bowl, combine the dry ingredients.
- Add the liquid mixture to the dry, and stir well. Stir in the nuts, if desired.
- Pour the batter into the pan(s) and place on the center rack of oven.
- Bake until a toothpick inserted in the middle comes out clean—about 15 minutes for muffins, 35 minutes for small loaf pans, and 60–70 minutes for one large loaf. Allow to cool before removing from pan. Makes 8 servings.

Nutrition Facts



 PROTEIN 0%  FAT 0%  CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)