



Vegan Pumpkin Cranberry Bread

READY IN



73 min.

SERVINGS



12

CALORIES



416 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup tablespoons all purpose flour
- ☐ 0.3 cup vanilla almond milk
- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup coconut oil organic (spectrum's and refined)
- ☐ 12 servings coconut oil – any oil with neutral flavor
- ☐ 0.5 cup cranberries fresh chopped
- ☐ 1 oz fresh/frozen cranberries – cranberries dried
- ☐ 12 servings almond milk – any other non-dairy milk for vegans or dairy milk for others

- ☐ 1 teaspoon ground cinnamon
- ☐ 12 servings all purpose flour – pastry flour whole wheat
- ☐ 0.5 cup pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 12 servings pumpkin puree – sweet potato puree
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

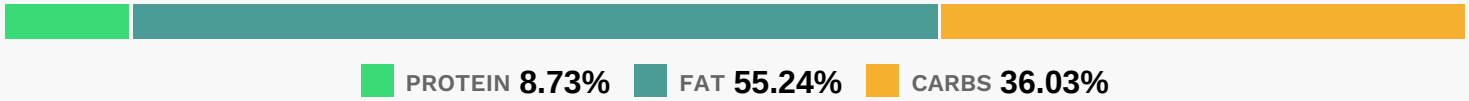
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Line a 8×4 inch loaf pan with parchment paper and grease the sides with oil.
- ☐ Mix together the milk and vinegar and set aside for 5 minutes or until it curdles. In a large bowl add the curdled milk mixture, sugar, pumpkin puree and vanilla extract. Blend it well preferably using an electric beater. Stir in the oil (See My Notes) and blend it once again. Hold a sieve over the wet mix and sift in the flour, cinnamon, baking soda and salt. Stir until just combined.
- ☐ Mix in the chopped cranberries too (See My Notes). Do not over mix.
- ☐ Pour the batter in the prepared pan and bake it for 50–55 minutes or until a toothpick inserted in the center comes out clean. I took out mine from the oven after 53 minutes.

☐ Place the pan on a cooling rack for about 15 minutes. Since we have lined the bottom of the pan with parchment paper you should be able to get the bread from the pan in such a short span of time. Otherwise you would have to wait for at least an hour or two to remove the bread from the pan. As I have mentioned already in all my quick bread recipes, let the bread cool down completely at least overnight before you can slice it. I can't stress this point enough.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:22, Inflammation Score:-8, Nutrition Score:12.067391255628%

Flavonoids

Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.21mg, Peonidin: 3.21mg, Peonidin: 3.21mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 415.9kcal (20.79%), Fat: 26.47g (40.72%), Saturated Fat: 19.87g (124.2%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 37.78g (13.74%), Sugar: 29.14g (32.37%), Cholesterol: 29.28mg (9.76%), Sodium: 243.45mg (10.58%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 9.41g (18.81%), Vitamin A: 2180.68IU (43.61%), Calcium: 313.98mg (31.4%), Phosphorus: 266.25mg (26.63%), Vitamin B2: 0.4mg (23.6%), Vitamin B12: 1.32µg (21.96%), Vitamin D: 2.68µg (17.89%), Vitamin B1: 0.23mg (15.19%), Selenium: 8.94µg (12.77%), Potassium: 413.65mg (11.82%), Vitamin B5: 1.03mg (10.31%), Manganese: 0.2mg (9.85%), Magnesium: 36.11mg (9.03%), Vitamin B6: 0.17mg (8.51%), Zinc: 1.13mg (7.57%), Folate: 20.86µg (5.22%), Vitamin B3: 0.98mg (4.92%), Fiber: 1.06g (4.23%), Iron: 0.72mg (3.98%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.36mg (2.41%), Copper: 0.04mg (1.99%), Vitamin C: 1.55mg (1.87%)