

# Pumpkin Bread Recipe

**Prep Time: 10 minutes**

**Serving: 24 (2 loaves)**

**Cook Time: 1 hour**

## Ingredients:

- 3 ¼ cups of all-purpose flour
- 2 teaspoons baking soda
- 1 cup honey
- 1 ½ teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 cups mashed fresh pumpkin (roasted, steamed, or boiled pumpkin)
- 1 cup vegetable oil
- 4 large eggs
- 2/3 cup water
- \* Add ins: ½ cup mix-ins like chopped walnuts, pecans, or raisins.



## Instructions:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius.
2. In a medium bowl, add the flour, honey, baking soda, salt, nutmeg, and cinnamon all together until well blended.
3. Add the mashed pumpkin, oil, water, and eggs to the bowl then beat with an electric mixer until well combined. (Alternatively, beat these ingredients into the mixture one at a time with a whisk).
4. Generously grease two loaf pans with butter and lightly dust with flour. Then evenly add your batter into the prepared pans.
5. Bake for 60 - 70 minutes or until a toothpick inserted into the centre comes out clear. Once ready, let it cool for 10 minutes before serving.

## Nutrition Facts (per slice):

- Calories: 158
- Total Fat: 7.5g
  - Saturated fat: 2.5g
- Total Carbohydrates: 20g
  - Dietary Fibre 3.7g
  - Total Sugar 5.1g
- Sodium: 239mg

Adapted from: <https://www.allrecipes.com/recipe/6697/delicious-pumpkin-bread/>



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD for you**  
Health and Wellness  
for Magna Employees

**MAGNA**