



## Spiced Pumpkin Bread

*Makes one loaf*

- 1 ¼ cups organic pumpkin puree
- 1/3 cup filtered water
- ½ cup organic apple sauce
- 2 large eggs, preferably pastured
- 2 tablespoons melted butter, raw or organic
- ¼ - ½ cup (depending on how sweet you want it) maple syrup or honey
- ½ teaspoon nutmeg
- ½ teaspoon cloves
- 2 teaspoons ground cinnamon
- ¼ teaspoon sea salt
- 1 teaspoon aluminum-free baking powder
- 1 ¾ cups sprouted spelt flour or sprouted flour of choice (click thru)
- ½ cup chopped walnuts (optional)

Preheat oven to 350 degrees. In a medium bowl stir pumpkin, water and applesauce together. Lightly beat eggs and stir in. Stir maple syrup and melted butter together and add to mixture.

In a large bowl combine all dry ingredients (except walnuts) and mix well. Pour wet ingredients into dry and mix until just combined. Fold in walnuts. Pour into a buttered 9 x 5 loaf pan and bake for 50-60 minutes or until a toothpick inserted in center comes out clean.

Let cool for at least 10 minutes on wire rack before removing from pan.