



Whole Wheat Pumpkin Bread

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

Nicely spiced with cloves cinnamon and nutmeg this whole wheat pumpkin bread is moist and delicious Makes one loaf or 18 muffins

Ingredients

— - ½ cup raisins - 1 cup whole wheat flour - ½ cup all-purpose flour - 1 teaspoon ground cinnamon - 1 teaspoon baking soda - ½ teaspoon baking powder - ½ teaspoon salt - ½ teaspoon ground cloves - ½ teaspoon ground nutmeg - 1 cup pumpkin puree - 1 cup white sugar - 2 large eggs - ¼ cup canola oil - 1 cup coarsely chopped walnuts

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x5-inch loaf pan. Place raisins in a bowl and pour in boiling water to cover by 1 inch. Allow to sit until raisins are plump and rehydrated
2. 3 to 4 minutes. Drain raisins
3. reserving 1/3 cup soaking water in a separate bowl. Combine whole wheat flour
4. all-purpose flour
5. cinnamon
6. baking soda
7. baking powder
8. salt
9. cloves
10. and nutmeg in a large bowl. Combine pumpkin
11. sugar
12. eggs
13. reserved soaking water
14. and oil in another bowl; mix with a spoon or whisk until well combined. Stir pumpkin mixture into flour mixture until just moistened. Fold in walnuts and raisins. Pour batter into the prepared loaf pan. Bake in the preheated oven until a toothpick inserted into the center comes out clean
15. 50 to 55 minutes. Allow to cool in the pan for 15 minutes then transfer to a wire rack. Tips You can use 1 1/2 teaspoons pumpkin pie spice instead of 1 teaspoon cinnamon and 1/2 teaspoon nutmeg
16. if you'd like. One-half cup of egg substitute can be substituted for the eggs. To make muffins
17. place paper liners in 18 muffin cups. Spray liners lightly with cooking spray and fill each with 1/4 cup batter. Reduce baking time to 15 to 20 minutes.