

Vegan Pumpkin Loaf



Full of vitamins and yumminess. Easy to make with children and healthy, too!

Ingredients:



- * 1 cup sugar, or 1/2 cup brown sugar and 1/2 cup agave nectar (second option makes a softer loaf) – may add more sugar if you want it sweeter
- * 1 cup canned pumpkin or puree your own raw or cooked pumpkin
- * 1/2 cup applesauce or puree your own raw or cooked apples
- * 1/2 cup filtered water
- * Egg substitute equivalent to 2 eggs
- * 1 2/3 cups organic flour
- * 1 teaspoon baking soda
- * 1 1/2 teaspoon cinnamon
- * 3/4 teaspoon sea salt
- * 1/2 teaspoon baking powder
- * 1/2 teaspoon organic nutmeg (or less)
- * 1/8 teaspoon organic cloves (just a dash)

Directions:

1. Pre-heat oven to 350 degrees F.



2. Combine first five ingredients in a small bowl and mix well by hand with a spoon or large whisk.



3. In a separate, larger bowl, combine remaining ingredients and mix well.



4. Gradually add to pumpkin mixture to larger bowl and mix well.



5. Pour batter into a non-stick 9x 5 loaf pan, or a non-coated pan with a light layer of cooking spray.



6. Bake at 350 degrees for 60 to 65 minutes or until toothpick inserted in the middle comes out clean. Cool 10 minutes in the loaf pan before moving to wire rack.



Jennifer Tan is currently a pregnant (baby #4) homeschooling consultant, flutist, aromatherapist, fiber artist and prenatal yoga instructor. She has been a teacher, school principal, and university professor. Jennifer has homeschooled her own children in a Waldorf-inspired environment. She leads workshops for parents in the areas of Waldorf curriculum, homeschooling and handwork www.syrendellacademy.com, and she sells her handspun yarns, eBooks and other creations at www.syrendell.etsy.com. Follow Jennifer and her family on their blog www.syrendell.blogspot.com and on Facebook www.facebook.com/syrendell.