

## Spiced Pumpkin Bread



When we study Ayurvedic medicine we learn that spices and herbs have healing properties. Cinnamon helps regulate blood sugar, ginger has many uses including boosting metabolism, soothing the belly and clearing congestion. We use nutmeg to also support digestion and promote calmness while cloves help with circulation. Cardamom has detoxifying properties. Whether this bread will cure any illnesses remains to be seen but eaten (after yoga?) with a lovely cup of tea is truly lovely. Recipe adapted by Silvia Fountaine's Feasting at Home.

### Ingredients:

- 1 3/4 cups all-purpose flour
- 1/4–1/2 cup sugar (I used 1/4 cup of coconut) – adjust to taste
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 tablespoon cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon nutmeg
- 3/4 teaspoon cardamom
- 3/4 teaspoon ground cloves
- 2 eggs
- 14-ounce can of pumpkin (or used fresh cooked pulp)
- 1/2 cup melted coconut oil (feel free to use mild olive oil)
- 1/2 cup real maple syrup
- 1 teaspoon vanilla extract
- Topping: 1/4 cup chopped mixture of chopped nuts and whole pumpkin seeds.

### Instructions:

- Preheat oven to 325F – grease a 9 x 5 loaf pan, set aside
- Whisk dry ingredients together in a large bowl (flour, sugar, baking soda, salt spices).
- Whisk wet ingredients together in a smaller separate bowl (eggs, pumpkin puree, oil, maple syrup, vanilla).
- Add wet ingredients into dry ingredients and mix until combined.
- Pour (sprad) the pumpkin batter into prepared loaf pan. Sprinkle with the nuts/seeds if using.
- Bake 65 - 75 minutes on the middle rack, until puffed and golden, a toothpick should come out clean. until puffed, golden and a toothpick comes out clean.
- Cool on a rack before removing. Store on the counter 3-4 days, covered, or in the fridge for a week. Freezes well.