

Recipe

ONE-BOWL PUMPKIN BREAD WITH STREUSEL TOPPING



► ► Vegan

Yield: 1 large loaf (12-16 slices)

Prep Time: 10 min

Cook Time: 50 min

Total Time: 60 min

INGREDIENTS: PUMPKIN BREAD

2 Tbsp (30g) ground flax seeds
 1/3 cup (75ml) plant-based milk (I used soy)
 1 cup (225g) pumpkin puree*
 1/2 cup (125ml) plant-based milk (I used soy)
 1/3 cup (115g) maple syrup
 1/4 cup (50g) brown sugar
 1/4 cup (50ml) coconut oil, melted
 1 tsp (5ml) vanilla extract
 1 tsp (5g) pumpkin pie spice**
 1 tsp (5g) cinnamon
 1 tsp (5g) baking soda
 1/2 tsp baking powder
 1/2 tsp salt
 1/2 tsp ground turmeric (optional; for colour)
 1/2 cup (50g) oat flour***
 1/3 cup (30g) almond meal***
 1 cup (150g) all-purpose flour
 1/2 cup (55g) pecans
 1/2 cup (100g) dairy-free chocolate chips

INGREDIENTS: STREUSEL TOPPING

1 cup (90g) rolled oats
 1/2 cup (55g) chopped pecans
 3 Tbsp (45g) brown sugar
 3 Tbsp (45ml) plant-based margarine (or coconut oil)
 1 tsp (5g) ground cinnamon

DIRECTIONS

1. Preheat oven to 350 F/ 180 C and grease the inside of a loaf pan.
2. Add the ground flax seeds and 1/3 cup plant-based milk to a large bowl and whisk. Allow to sit for 5 minutes until it gels.
3. Then add the pumpkin puree all the way through to the turmeric, and mix everything until very well combined. Then add the oat flour and almond meals, mixing again until well combined. Finally add the flour and mix until *just* combined, making sure not to over mix. Gently fold in the pecans and chocolate chips. Pour the mixture into the loaf pan.
4. Using the same bowl, add all the ingredients for the streusel and mix well. Add this to the previous mixture in loaf pan and evenly distribute on top. Bake in the oven for 50-65 minutes, depending on the dimensions of your pan; it'll be done when a toothpick comes out clean. Let cool for 5 minutes before removing from the pan to cool completely. Enjoy!

NOTES

1. * Made from mashed roasted pumpkin; not sweetened pumpkin pie filling.
2. **If you don't have pumpkin pie spice, substitute for 1/2 tsp ground nutmeg + 1/2 tsp ground cloves
3. ***You can make your own oat flour and almond meal by blending 1 1/2 cup rolled oats and 1/3 cup whole almonds in a food processor until ground.
4. **Variations:** substitute hazelnuts or walnuts instead of pecans, and raisins instead of chocolate chips.
5. **Speed-it-up:** using canned pumpkin puree instead of fresh.
6. **Storage:** store in an air-tight container for up to 3 days, or slice and freeze to enjoy later! Can keep frozen for up to 2 months.

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