

High Protein Pumpkin Raisin Bread



PREP TIME

40 mins

COOK TIME

40 mins

TOTAL TIME

1 hr 20 mins



COURSE

Breakfast, Dessert, Snacks



SERVINGS

20 slices

CALORIES

128 kcal

INGREDIENTS

- 2½ c whole wheat flour
- 2½ c vital wheat gluten
- 1½ Tbsp active dry yeast
- 1/2 tsp salt
- stevia extract to taste
- 2 ½ c hot water 110 degrees F, 44 degrees C
- 1 Tbsp sugar
- ½ c canned pumpkin room temperature
- 1 tsp maple extract
- 1 tsp vanilla extract
- 1 Tbsp pumpkin pie spice
- ½ c raisins

INSTRUCTIONS

1. In a large bowl, whisk together whole wheat flour, vital wheat gluten, salt, yeast, and stevia.
2. In a separate bowl, whisk together hot water and sugar until sugar is completely dissolved.

3. Then add to the liquids, pumpkin, vanilla and maple extract. Whisk until well combined.
4. Slowly add the liquid to the dry ingredients, gently mixing as you go. There will come a point where you need to mix the dough with wet hands, but do not knead.
5. Grease a 9x5 inch bread loaf pan with non-stick cooking spray and set aside (you can use an 8x5 inch pan, but it will be a much taller loaf).
6. Turn the dough out onto a non-stick surface, and flatten with hands until you form a rectangle that is about 1/2 inch thick and as wide as your bread loaf pan (preferably 9 inches).
7. Sprinkle your pumpkin pie spice evenly across your dough, using wet hands to pat it in, so that there are no dry spots.
8. Sprinkle your raisins evenly onto the dough as well.
9. Carefully roll your dough up like cinnamon roll dough and plop into your bread pan.
10. Cover your pan with plastic wrap and let sit in a warm place for 30 minutes to rise. Preheat your oven to 400 °F/ 204°C at this time.
11. Remove plastic wrap and bake bread on center rack for 40 minutes.
12. Let cool for at least 2 hours before slicing into 20 slices with a bread knife.

NUTRITION

Nutrition Facts

High Protein Pumpkin Raisin Bread

Amount Per Serving	
Calories	128
Calories from Fat 4	
% Daily Value*	
Fat	0.4g
	1%
Carbohydrates	15.7g
	5%
Fiber	2.1g
	9%
Protein	13.6g
	27%

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?
Let us know how it was!