



FIXATE RECIPES

PUMPKIN BREAD

Serves: 10 (½-inch slice each)

VG

Total Time: 55 min.

Prep Time: 15 min.

Cooking Time: 40 min.

1 cup	whole wheat flour	½ tsp.	sea salt (or Himalayan salt)
⅔ cup	all-purpose flour	½ cup	coconut sugar
¾ tsp.	ground cinnamon	1 cup	all-natural pumpkin puree
¼ tsp. + 1 dash	ground cloves	2	large eggs
¼ tsp. + 1 dash	ground nutmeg	¼ cup	ghee (organic grass-fed, if possible), melted
¾ tsp.	baking soda	⅓ cup	unsweetened coconut milk beverage
¾ tsp.	baking powder		

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Preheat oven to 375° F. Lightly coat a 9 x 5-inch loaf pan with spray; set aside.
2. Combine whole wheat flour, all-purpose flour, cinnamon, cloves, nutmeg, baking soda, baking powder, salt, and coconut sugar in a large bowl; mix well.
3. Add pumpkin puree, eggs, ghee, and coconut milk to a small bowl; whisk until well combined.
4. Add pumpkin mixture to flour mixture; stir until just combined (try not to overmix).
5. Transfer batter to pan and bake, for 35 to 40 minutes, or until a toothpick inserted into the center comes out clean.
6. Allow to cool until you can handle the pan.
7. Run a knife around edges and invert pan onto a wire rack to finish cooling.

Nutritional Information (per serving):

Calories:	169	Cholesterol:	56 mg	Fiber:	2.5 g
Total Fat:	6.5 g	Sodium:	234 mg	Sugars:	7 g
Saturated Fat:	4 g	Carbohydrates:	24.5 g	Protein:	4 g

THE ULTIMATE
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Container Equivalents (per serving)

■ 1 — 1½

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.