



# Shana's Better For You Baking Recipe

With Pumpkin + Cauliflower, Whole Wheat & Oat Flour + Flax

## Sneaky Skinny Flax Pumpkin Bread

### Ingredients: (dry)

- ❖ 1 + ½ cup whole wheat pastry flour
- ❖ 1 + ½ cup oat flour
- ❖ ¼ cup ground flax seed
- ❖ ½ teaspoon baking soda
- ❖ 1 + ½ tablespoon baking powder (aluminum free, reduced sodium)
- ❖ 1 tablespoon pumpkin pie spice
- ❖ ¼ tsp salt
- ❖ \*\*Optional ½ cup mini dark chocolate chips or ½ cup chopped walnuts

### Wet Ingredients:

- ❖ 3 eggs (large)
- ❖ ¾ cup applesauce (unsweetened)
- ❖ ½ cup cauliflower pureed
- ❖ 2 cups pure pumpkin pie puree, canned
- ❖ ¾ cup 100% pure maple sugar

### Directions:

1. Preheat oven to 350 degrees F, line 9X5 loaf pan with parchment paper and lightly coat with coconut oil or cooking spray. Set aside.
2. For prep of cauliflower (secret ingredient)-- Cut off florets of discard core. Steam cauliflower for about 8-10 minutes. Next, add steamed cauliflower to a food processor, blend for about 2 minutes until smooth. Set aside. (you may use a blender or electric mixer).
3. In a large mixing bowl, combine dry ingredients and mix.
4. In a medium bowl, whisk eggs. Add remaining wet ingredients and mix to combine. \*\*Try not to overmix/stir. Pour the batter into loaf pan. (Optional- sprinkle with pinch of cinnamon and coconut sugar.
5. Bake for 60-70 minutes. Be sure to check using the toothpick method. Toothpick should come out clean. Let the bread cool for 10 minutes, then remove the parchment paper, transfer to rack and cool for another 30 minutes before slicing. \*\*\*Storage: Store in a cool dry place, in a tightly sealed baggie- for up to 3-4 days. Freeze for up to 3 months in a freezer safe bag! 😊 If you don't eat it before that! 😊

*Recipe By: Shana Griffin, Registered Dietitian*

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of Canton and West Hartford