

# Pumpkin Nut Bread

## Ingredients 1 Loaf:

- ½ (15 ounce) can pumpkin puree
- 2 eggs
- ½ cup butter
- 1/3 cup water
- 1 cup white sugar
- 1 ¾ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoons salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon ground ginger
- ½ cup chopped walnuts

Optional - Double the spices for added flavor. Substitute ½ cup whole wheat flour and 2 tablespoons flax seed for equal amounts of white flour. Substitute apple sauce for half the butter.

## Directions:

1. Preheat oven to 350 degrees F. Grease a loaf pan.
2. In a large bowl, mix together butter and sugar.
3. Add pumpkin puree, eggs, and water until well blended. Add the nuts.
4. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended being careful not to over mix. Pour the mixture into the pan.
5. Bake for about 50 minutes in the preheated oven. Loaf is done when a toothpick inserted in the center comes out clean.