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Sweet Spiced Pumpkin Bread

Courtesy of Puori

Makes 1 loaf

Wet ingredients:

300 g / 300 ml / 1 1/4 cup canned pumpkin puree (*or 1 butternut squash / pumpkin see cooking instructions below for homemade puree)

10 fresh soft dates, pitted

125 ml / 1/2 cup olive oil

3 eggs ** (see below for a vegan option)

4 tbsp coconut sugar

Dry ingredients:

100 g / 1 cup rolled oats (mixed into a flour)

60 g / 1/2 cup buckwheat flour

40 g / 4 scoops PB Pea Protein Booster Powder

2 tsp baking powder

1 tsp ground cinnamon

1/4 tsp ground nutmeg

1/4 tsp ground clove

1 tsp freshly grated ginger or 1/2 tsp ground ginger

1/2 tsp sea salt

1/2 cup walnuts, coarsely chopped

Making the cake:

1. Set the oven to 180°C/350°F.
2. Place the pumpkin puree in the food processor along with the rest of the wet ingredients and mix until smooth.
3. Add all dry ingredients to a bowl and stir to combine.
4. Pour the wet mixture into the bowl with dry ingredients and gently combine.
5. Place baking paper in a rectangular bread dish or baking dish or grease it with oil.
6. Pour the batter into the dish and bake on the middle rack for 45 minutes. The cake is

ready if an inserted toothpick comes out clean.

7. Let cool on a wire cooling rack.

***Instructions for cooking Pumpkin puree**

1. Set the oven to 180°C/350°F.

2. Divide the butternut pumpkin in half and place in the oven – cut side down. Let roast for 30 minutes or until the flesh is soft.

3. Measure out 300 g / 300 ml / 1 1/4 cup of pumpkin flesh and blend until completely smooth. It's roughly one-half pumpkin (save the rest in a jar and add to sandwiches, pasta or smoothies. Or simply make one more Pumpkin Bread).

****Vegan option**

For a delicious vegan option simply omit the egg and use aquafaba. Once you have combined the wet and dry mixes (step 4) pour the liquid from one tin of cooked chickpeas into a large clean bowl. Use an electric hand whisk to beat the liquid until you have stiff peaks. Gently fold this through the cake mixture and continue with step 5.