

Donna Wolf R.D. Registered Dietitian & Director

donnawolfrd@cox.net ph: 858-335-2140

www.healthydirectionspoway.com

## **GF PUMPKIN BREAD®**

The texture of this bread is soft and very moist, and the flavor is reminiscent of pumpkin pie. This bread is rich in vitamin A, potassium, magnesium, zinc, selenium, manganese, B vitamins and protein.

1¾ cup brown rice flour
½ cup tapioca flour
1 teaspoon salt
2½ teaspoon baking powder
½ teaspoon Xanthan gum
1 1/2 teaspoon ground cinnamon
¼ teaspoon ground cloves
½ cup brown sugar or Sucanet
½ cup honey
½ cup safflower oil or butter
2 eggs
1 can (15 oz.) pumpkin puree
½ cup plumped dried cranberries

Preheat oven to 350°F (convection). Grease and dust a loaf pan measuring  $9 \frac{1}{2}$ "x  $5 \frac{1}{4}$ " x  $2 \frac{1}{2}$ ", (with rice flour).

Add cranberries to  $\frac{3}{4}$  cup of boiled water for 10 minutes to plump, and then drain.

Combine flours, salt, baking powder, Xanthan gum, baking powder, and spices in a large bowl and mix with a wire whip. Set aside.

In a medium bowl, beat sugar & honey, with oil or butter, and then add eggs. Beat until light and fluffy. Add the pumpkin puree, and mix just until incorporated. Add dry ingredients to this mixture, mixing lightly just until smooth. Fold in cranberries. Turn into prepared pan – mixture will fill pan to top. Bake for 45-55 minutes or until knife inserted comes out clean.

Makes: 1 loaf