

INGREDIENTS for vegan pumpkin bread

For the chia seed eggs

2 tbsp chia seeds

4 tbsp water

For the Bread

1³/₄ cup All-purpose flour (all-purpose GF will work)

½ cup melted coconut oil

1 cup mashed cooked sweet potato use potato setting on microwave

1 tsp baking soda

¼ tsp sea salt

1½ cup coconut sugar (or white sugar)

½ tsp cinnamon

½ tsp nutmeg * optional

⅓ cup plant based milk

½ cup pecans * optional

INSTRUCTIONS

For the chia egg

set oven to 375

Combine the sugar and oil together with a hand mixer, mix well! Add in flour, baking soda, spices (mix these together well before adding to wet mix) add in chia egg, plant based milk, sweet potato and nuts (if you choose to use nuts)

Pour batter into a bread loaf pan (I used a 9x5) Bake for 30 to 45 minutes depending on oven times may vary so be sure to keep an eye on it after 30 minutes and check with a toothpick.

whisk together chia and water, set aside for 10 to 15 minutes while you mix all other ingredients.