

Pumpkin Chocolate Chip Bread

Prep Time	15 mins
Total Time	45 mins
Meal Type	Snack
Source	Adapted from therealfoodrds.com
Servings	10



Ingredients

lb,c

g,ml

- 1 cup pumpkin, canned puree
- 3 Tbs maple syrup
- 1/4 cup coconut oil, *melted* (our use your favorite oil for baking)
- 3 large eggs, *whisked*
- 1 tsp pure vanilla extract
- 1 cup almond flour
- 1 tsp baking soda
- 1/4 tsp salt
- 2 tsp pumpkin pie spice
- 1/4 cup mini-chocolate chips (semi-sweet or dark)
- 1/4 cup nuts, *chopped* (optional)

Directions

Prep

1. Preheat oven to 350° F.
2. Grease a 9 inch loaf pan.

Make

1. In a small bowl whisk together wet ingredients (pumpkin puree through vanilla).
2. In a separate medium bowl, sift together dry ingredients (almond flour through pumpkin pie spice). Then stir in mini chocolate chips and nuts (if using).
3. Add wet ingredients to the dry mix and stir until just combined.
4. Pour batter into greased loaf pan and bake in oven for 35-40 minutes or until a toothpick inserted in center comes out clean.
5. Remove from oven. Place on a wire rack. Allow to cool before slicing into 10 pieces.
6. This recipe can also be enjoyed as muffins. Using a greased full-sized muffin tin, fill cups to 3/4 full. Cook for 15-20 minutes, or until a toothpick inserted in the center comes out clean.

Notes

For a dairy-free alternative use a dairy free brand of chocolate like Enjoy Life Mini Chocolate Chips.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 11.0g		16%	Total Carbohydrates 11g		3%	
	Saturated Fat 5.7g		28%	Dietary Fiber 1g		5%	
	Trans Fat 0.0g			Total Sugars 7g			
	Cholesterol 56mg		18%	Protein 4g			
Calories 156 per serving	Sodium 208mg		9%	Vitamin D 0mcg 3% · Calcium 41mg 4% · Iron 1mg 4% · Potassium 146mg 3%			

- Show all nutrients -