



Pumpkin Bread-Low Carb-High Protein



Ingredients

Cloves, ground, 0.25 tsp (remove)
Nutmeg, ground, 0.50 tsp (remove)
Baking Soda, 1 tsp (remove)
Country Choice Organic Old Fashioned Oats, 0.25 cup (remove)
Almond meal/flour (Bob's Red Mill), 100 gram(s) (remove)
Applesauce, unsweetened, 0.25 cup (remove)
Baking Powder, 3 tsp (remove)
Pecans, 50 grams (remove)
Ideal sweetener for baking, .8 cup (remove)
Egg Beaters Whites, 8 tbsp (remove)
Cinnamon, ground, 4 tsp (remove)
Pumpkin-Libby's 100% Pure Pumpkin (1/2 cup), 450 grams (remove)
Bob's Red Mill Oat Bran Hot Cereal, 30 gram(s) (remove)
*About Time Whey Protein Powder - Vanilla or Cinnamon, 3.5 serving (remove)
WildRoots Milled Flaxseed, 20 gram(s) (remove)

Directions

Preheat oven to 325.
Mix all dry ingredients in 1 bowl.
Mix all wet ingredients in 2nd bowl.
Prepare TWO large loaf pans (wider pan works better than narrow).
Mix wet into dry. Stir to mix, but do not overmix.
Pour into prepared pans and bake approximately 20-25 minutes. Watch for even browning; butter knife or toothpick should come out clean.
Cool.
These are short loaves (height wise), but this helps prevent them not cooking in center.

