

# PUMPKIN APPLE HARVEST BREAD



Prep Time: 15 Minutes  
Bake Time: 65 Minutes  
Total Time: 1 Hour 20 Minutes  
**Makes 1 Loaf**

## Ingredients:

- 1  $\frac{3}{4}$  cup All Purpose Flour
- 1  $\frac{1}{2}$  tsp Baking Powder
- $\frac{1}{2}$  tsp Baking Soda
- 1  $\frac{1}{2}$  tsp Ground Cinnamon
- $\frac{3}{4}$  tsp Ground Nutmeg
- $\frac{1}{2}$  tsp Ground Ginger
  - Or substitute spices with 2  $\frac{3}{4}$  tsp Pumpkin Pie Spice
- $\frac{3}{4}$  tsp Salt
- $\frac{3}{4}$  cup Sugar
- 2 Flax Eggs (or 2 eggs for a non-vegan version) (see notes)
  - 2 Tbsp Ground Flax Meal
  - 6 Tbsp Hot Water
- 1 tsp Vanilla Extract
- $\frac{3}{4}$  cup [Pumpkin Puree](#)
- $\frac{3}{4}$  cup [Unsweetened Applesauce](#)
- $\frac{1}{4}$  cup Maple Syrup
- $\frac{3}{4}$  cup chopped Pecans (see notes)

## Instructions:

1. **PREP:** Start by preheating an oven to 350°F with a rack in a lower-middle position, then heat some water for the flax eggs (by kettle or microwave). Prepare a standard metal loaf pan (see notes) with oil, lightly coating the sides and bottom. In a medium sized heatproof bowl, measure out the flax meal. Add in 6 Tbsp hot water to the flax, stir, and allow to soak while continuing on with the recipe. If using real eggs, this part can be skipped.
2. **MEASURE:** In another medium mixing bowl, add in the dry ingredients (flour, baking powder, baking soda, spices, and salt), and mix thoroughly to combine. Set aside. To the flax egg bowl, add in the remaining wet ingredients (sugar, vanilla, pumpkin puree, applesauce, and maple syrup). If using real eggs, add those in place of the flax eggs. Mix the wet ingredients thoroughly to combine.
3. **COMBINE:** Add the wet ingredients to the dry, and mix until almost combined, with just a few patches of dry ingredients remaining. Chop the pecans and add to the mixture, and fold to combine, making sure not to overmix the batter.
4. **BAKE:** Pour the mixture into the prepared loaf pan, smoothing out the top. Place into the preheated oven and bake for 60-70 minutes. Baking time can vary depending on your oven and pan, so check at 60 minutes. If the loaf is browning too quickly, place a piece of foil over the top of the pan. To test doneness, insert a butter knife or cake tester into the center of the loaf. The knife should come away with a bit of moisture clinging to it, but no streaks of raw batter. If there is raw batter, place back in the oven for 2-3 minutes, and test again.
5. **COOL & ENJOY:** Once the tester comes out clean, remove the loaf from the oven and set on a wire rack. Allow to cool in the pan for 10 minutes, then run a knife around the sides of the pan and turn the loaf out onto the cooling rack. Once fully cooled, slice and enjoy! Leftover bread can be stored in an airtight container at room temperature for 3-4 days, in the fridge for up to 1 week, or in the freezer for up to 6 months.

## Notes:

- **What are Flax Eggs?** — This miraculous little concoction is a great vegan replacement for eggs in almost any baked good! Flax eggs are typically made by combining 1 Tbsp ground flax meal with 3 Tbsp hot water and allowing to soak. Try substituting this for whole eggs in recipes like cakes, quick breads, pancakes, and brownies.
- **Choosing Your Pan** – This recipe calls for a standard metal loaf pan, which measures about 8  $\frac{1}{2}$  in x 4  $\frac{1}{2}$  in. Glass loaf pans are slightly larger, measuring about 9 in x 5 in. Metal pans are quicker to heat up and cool down, helping the bread cook more evenly. Glass pans, on the other hand, take longer to heat up and stay hotter longer after removing from the oven. We tested this recipe with a metal pan, but using a glass pan shouldn’t impact your final bake too much, it may just take a few more minutes to bake and have a wider & shorter loaf once finished.
- **Making Your Own [Pumpkin Puree](#) and [Applesauce](#)** – DIYing it and making your own fruit purees at home is a great way to use up leftover produce, plus it comes package free! Learn how to make some unbelievably good [Homemade Applesauce](#) with just 1 ingredient, as well as turning your Halloween porch pumpkins into delicious [Pumpkin Puree](#) ready for pie making and baking!
- **Nut-Free Variations** — If you're allergic to nuts or prefer your quick breads without a crunch, then feel free to remove them from the recipe, or replace them with another add-in of choice. Try adding in chocolate or cinnamon chips for a sweeter kick, or pepitas and other seeds for a boost of festive flavor.