

Housemade Pumpkin Chocolate Chip Loaf



Ingredients

1 1/2 cups King Arthur® or other brand Whole Wheat White Flour
1/2 tsp. Baking Soda
1/2 tsp. Baking Powder
1/2 tsp. Salt
2 tsp. Pumpkin Pie Spice
1 cup Pumpkin Puree (not Pumpkin Pie Filling)
1/3 cup Coconut or Brown Sugar
1/3 cup King Arthur® Baking Sugar Alternative or Granulated Sugar
1/2 cup Pureed Prunes (Baby Food is great!)
4 1/2 Tbsp. Egg Beaters®
1/2 Tbsp. Pure Vanilla Extract
1/2 cup + 2 Tbsp. Toasted Walnut Halves, chopped, divided
1/2 cup + 2 Tbsp. Mini Semi Sweet Chocolate Chips, divided
Coconut Oil Cooking Spray

Portions

We do not portion out our desserts or treats. This is your chance to practice indulging without guilt!

However, each loaf can be cut into 12 slices that are approx. 200 cal. each..

Directions

Pre heat oven to 350° F. Spray an 8 x 4" loaf pan. Cut a piece of wax or parchment paper to line the bottom. Set aside.

Step One

Whisk together flour and following 4 ingredients (thru pumpkin pie spice) in a medium bowl.

Step Two

In another medium bowl, whisk together pumpkin puree and following 5 ingredients (thru extract.)

Step Three

Add wet ingredients to dry ingredients; mixing until just combined and moistened. Do not over mix. Fold in 1/2 cup walnut pieces and chocolate chips; reserving 2 Tbsp. of both.

Step Four

Scrape mixture into prepared loaf pan. Sprinkle reserved nuts and chocolate chips otop. Place into the center of the pre heated oven. Bake 45 min., or until a toothpick inserted into the center of the loaf comes out clean. Remove to a wire rack. Let cool in loaf pan for 10 – 15 min. Carefully remove loaf from pan and let completely cool on wire rack before storing.