

# Pumpkin Rasin Loaf

Serves 8



## Ingredients

- 2 cups of flour
- 1½ tsp of baking powder
- ¾ tsp of baking soda
- ¾ tsp of sea salt
- ¼ tsp of cloves
- ½ cinnamon
- ¼ nutmeg
- ½ cup of sugar
- 1 egg
- ¾ cup of water
- ½ cup of pureed pumpkin
- ¼ butter melted
- ½ rasins
- sprinkle brown sugar

## Directions

- ☞ Preheat oven to 350°
- ☞ Lightly grease baking dish with butter or coconut oil.
- ☞ Stir together beaten egg, milk, pumpkin & melted butter.
- ☞ Make a well in dry ingredients and add liquid, all at once.
- ☞ Mix lightly until just combined. Stir in raisins.
- ☞ Turn into pan(s) & sprinkle generously with brown sugar.
- ☞ ke for 1 hour
- ☞ Place pan on rack to cool for 10 min. Remove from tins to cool completely

## Nutrients (approximately)

258 Calories per serving,  
Fat 6g, Saturated Fat 3.7g, Cholesterol 15.3mg, Sodium 44.2mg,  
Carbohydrates 44.9g, Fiber 1.5g, Sugars 20.1g, Protein 3.6g

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