

Myochi's Pumpkin Bread

Heat oven to 350°. Lightly oil (or butter) two large loaf pans or three small ones.

1 cup honey

1 cup maple syrup

3 eggs

1 cup oil

I use a mixture of olive and canola. And if you don't want to use so much oil, substitute some of it with unsweetened applesauce.

1 15oz. can pumpkin

¼ cup water

3 cups whole-wheat pastry flour

1 tsp. nutmeg

1 tsp. cinnamon

3 tsp. baking soda

½ tsp. salt

1 cup nuts or raisins or chocolate chips/chunks

You can use up to 1½ cups of a combination of these. I usually use a 4 oz Ghirardelli 100% Cacao baking bar and ½ cup walnuts.

1. In a large bowl, whisk together the honey, maple syrup, eggs, oil, pumpkin, and water.
2. In a separate bowl, sift together the flour, nutmeg, cinnamon, baking soda, and salt.
3. Fold the dry ingredients into the wet with a rubber spatula. Don't over mix. Fold in the nuts and chocolate pieces.
4. Pour the batter into the pans. Bake for about 60 to 70 minutes, until a toothpick inserted into the center comes out dry.
5. Set the pans on a rack to cool for 10-15 minutes, then remove from pans and cool some more.

As with many of the sweets I make and love—with no refined sugars or flours—this can be cut up and frozen so that there's always a treat waiting for you.