



Mini Pumpkin Loaves

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Serves: Makes 8 mini loaves

Protein: 1.4 g per loaf

Calories: 261 per loaf

Ingredients

1 cup CFL baking mix
½ tsp salt
½ tsp Ground Cinnamon
½ tsp Ground Ginger
¼ tsp Ground Nutmeg
1/8 tsp Ground Cloves
¼ tsp Baking Powder
½ tsp Baking Soda

¼ cup (80g) Unsweetened Applesauce
250g Canned Pumpkin

6 Tbsp Butter, softened
½ cup packed Brown Sugar
½ cup Granulated Sugar
1 egg
1 tsp Vanilla Extract

Directions

- Preheat the oven to 350°F and set an oven rack in the middle position. Grease each cavity of a mini loaf pan with cooking spray.
- In a medium bowl, combine the baking mix, salt, baking soda, baking powder, and spices. Lightly whisk until well combined; set aside. In a small bowl combine the pumpkin and applesauce a stir to combine. Set aside.
- In a large bowl of an electric mixer, beat the butter and sugars on medium speed until just blended. Add the egg and beat well until light and fluffy, a few minutes. Beat in the pumpkin mixture and vanilla. The mixture might look grainy and curdled at this point -- that's okay.
- Add the dry ingredients and mix on low speed until combined.
- Use a cookie scoop and divide the batter evenly into each cavity of the mini loaf pan. Put pan into the preheated oven and bake for 30 – 35 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.