



## Healthy Greek Yogurt Pumpkin Bread

Hooray for pumpkin season! For the perfect fall treat, try creating this moist and delicious healthy pumpkin bread.

### Ingredients:

- 1 cup pumpkin NOT pumpkin pie filling and NOT the entire can
- ½ cup vanilla Greek yogurt or pumpkin Greek yogurt
- 1 large organic egg
- 1 teaspoon vanilla extract
- 1/3 cup coconut oil, melted
- ¾ cup brown sugar lightly packed
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon pumpkin pie spice
- ½ teaspoon nutmeg
- 1 cup flour white or white-whole wheat
- ½ cup oat flour blended oats
- ½ cup dark chocolate chips or chopped nuts (optional)

### Directions:

1. Preheat the oven to 350 degrees F. Grease and flour a bread pan and set aside.
2. In a large bowl, stir together the pumpkin, Greek yogurt, egg, vanilla, coconut oil (measure in melted form), and brown sugar until well combined.
3. In another bowl, stir together the baking soda, salt, cinnamon, pumpkin pie spice, nutmeg, flour, and oat flour (measure oat flour after blending the oats; to make oat flour, put old fashioned or quick oats in a blender and pulse them until they resemble flour).
4. Mix the wet and dry together. Stir in the chocolate chips or nuts if desired.
5. Pour into the prepared bread pan and bake for 55-65 minutes or until a fork when inserted into the center comes out clean or the bread starts to pull away from the edges.
6. Enjoy! Store in an airtight container in the fridge. Best eaten within 3 days otherwise tightly wrap individual pieces and freeze.

**Yield:** 1 loaf of bread

**Prep Time:** 15 Minutes

**Cook time:** 1 hour