

## **Guilt Free Pumpkin Bread**

3 cups Canned Pumpkin or Fresh Pumpkin Puree  
3 cups Apple/Pear Puree  
1 cup packed Brown Sugar  
6 Eggs  
4  $\frac{3}{4}$  cups All-Purpose Flour or Whole Wheat Pastry Flour  
1 cup milled Flaxseed  
 $\frac{1}{2}$  cup Vegetable Oil or Coconut Oil  
1  $\frac{1}{2}$  teaspoons Baking Powder  
1  $\frac{1}{2}$  teaspoons Baking Soda  
1  $\frac{1}{2}$  teaspoons Salt  
1  $\frac{1}{2}$  teaspoons Ground Cinnamon  
1  $\frac{1}{2}$  teaspoons Ground Nutmeg  
1  $\frac{1}{2}$  teaspoons Ground Clove  
1  $\frac{1}{2}$  teaspoons Ground Ginger

Preheat oven to 350 degrees Fahrenheit. Grease and flour three 9x5 inch loaf pans.

To make apple/pear puree, choose sweet soft pears like Anjou, and good baking apples like fuji or honey crisp. Simply peel and core fruit place in food processor and process until the consistency of applesauce is achieved.

In a large bowl, mix together the pumpkin, oil, apple/pear puree, eggs, brown sugar. In a separate bowl combine the flour, flaxseed, baking powder, baking soda, salt, cinnamon, nutmeg, clove, and ginger. Blend the flour mixture into the pumpkin mixture by hand until well blended.

Divide the batter evenly between the prepared pans. Bake in preheated oven to 45 minutes to one hour. The top of the loaf should spring back when lightly pressed.