



Pumpkin Bread (vegan)

makes 1 loaf

- 2 cups roasted and mashed kabocha squash, or canned pumpkin puree
- 1/2 cup virgin coconut oil, plus more for greasing pan
- 1 tablespoon grated lemon peel
- 1/2 cup raisins
- 1/2 cup chopped pecans
- 2 tablespoons raw pepitas (sunflower seeds)
- 2 teaspoons sea salt
- 1/2 teaspoon freshly grated nutmeg
- 2 1/4 cups unbleached flour (GF is fine), or sub half with whole wheat flour
- 3 1/4 teaspoons baking powder
- Topping: 2 teaspoons fennel pollen, 1 teaspoon fennel seeds, 1 teaspoon pepitas, 1 teaspoon sunflower seeds, 2 tablespoons demerara sugar

Preheat oven to 350 degrees.

Line a deep, long loaf pan (no smaller than 10 x 4) with parchment paper and grease the paper and any exposed pan with coconut oil.

In a large bowl, combine pumpkin, maple syrup, oil, zest, raisins, nuts, seeds and salt, and mix well.

Sift in remaining ingredients (except fennel seeds) and stir to combine thoroughly. The dough should be thick not runny, like a very soft bread dough. If the pumpkin mixture is quite wet, you can compensate with more flour.

Transfer mixture to the lined baking pan, smooth top and scatter topping evenly.

Bake for 45 minutes to 1 hour, or until an inserted skewer comes out clean. Cool for

at least 20 minutes before removing from pan.

This cake keeps well in an airtight container or wrapped in foil. It is delicious sliced, toasted and spread with a little butter or nut butter and/or jam.