



# Low FODMAP Pumpkin Bread

Serves: 10

Prep: 15 minutes

Cook: 55 minutes



Stack Cup

Ingredients	Metric	Imperial
2 cups gluten free all-purpose flour	250 g	8.8 oz
1 tsp baking soda		
½ tsp baking powder		
½ tsp salt		
¼ tsp ground ginger		
¼ tsp ground nutmeg		
1 tsp ground cinnamon		
½ cup butter, melted	100 g	3.52 oz
1 cup white sugar	200 g	7.05 oz
1 cup canned pumpkin*	200 g	7.05 oz
1/4 cup sour cream	65 g	2.29 oz
2 eggs		
1 tsp vanilla extract		
1/4 cup pumpkin seeds		

## Method

1. Preheat the oven to 350° fahrenheit/180° celsius and line a loaf pan with baking paper and grease with cooking spray
2. In a bowl, combine the flour, baking soda, baking powder, salt, cinnamon, ginger and nutmeg
3. In a separate mixing bowl beat the melted butter, sugar, canned pumpkin, sour cream, eggs, and vanilla with an electric mixer
4. Gently fold the dry ingredients into the wet ingredients until just combined. Pour batter into the pan then sprinkle over the pumpkin seeds
5. Bake for 50-60 minutes, or until a metal skewer inserted into the centre comes out clean

## Hints

- \*if you don't have access to canned pumpkin, you can use peeled and chopped Kent/Japanese pumpkin and boil for 10 minutes. Once soft, drain and puree in a food processor until smooth.
- Add chopped walnuts or pecans on top for an extra crunchy topping in place of pumpkin seeds
- For a sweet twist, mix in 1/2 cup dark choc chips through the batter!

Nutrition Information (per serve)	
<b>Energy</b>	1211 Kj / 289 cal
<b>Protein</b>	3.80g
<b>Carbohydrates</b>	41.10g
<b>Sugar</b>	20.00g
<b>Total Fat</b>	12.30g
<b>Saturated Fat</b>	5.20g
<b>Fibre</b>	1.10g