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FOODS

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Whole Grain Pumpkin Bread/Muffins

Ingredients:

1 cup Spelt Four
1/2 cups Caputo 00 flour
1 cup Whole Wheat Flour Pastry Flour
1/3 cup Toasted Wheat germ
1/3 cup Toasted Flaxseed
1 1/4 teaspoons baking soda
1 teaspoon Pumpkin Spice
1 teaspoon Turmeric
1 teaspoon Nutmeg
1 teaspoon Saigon Cinnamon or to taste
1/2-teaspoon sea salt, try Spriana Vanilla Bean!
1 cup Canola Oil, Coconut Oil or Butter
1 cup firmly packed Light Brown Sugar
1/2 cup Molasses
2 Eggs, well beaten
16 oz fresh Pumpkin Puree or 16 oz Can Pumpkin
1/4 cup Pecans, Walnuts, finely chopped (optional)

Instructions:

- This recipe uses a lot of whole grain flour! All of the flours are interchangeable.
- Preheat oven to 375 degrees. Grease 2 loaf pans. Beat oil, brown sugar, and molasses until well blended. Blend in egg and pumpkin. Stir flours, bran, wheat germ, soda, cinnamon, cloves, nutmeg, and salt into mixture just until moistened. Fold in nuts, if using. Fill pans and bake about 1 hour, until pick comes out clean. Cool on rack.
Better if served the day after cooking.

*Saigon Vietnamese Cinnamon - 'Taste and Aroma': The most powerful cinnamon available;
Saigon Cinnamon is spicy, sweet and warm.*

ENJOY! Meg

Meg at The Market!

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