

# Pumpkin-Carrot Bread

*Sharon Benedict*

*Home & Harvest, Healthy Eating on Rotation*

Breads, Biscuits, and Batter,  
Day 2 Rotation



**Servings: 14**

**Yield: 1 each**

*1 each egg white, chicken*

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*1/4 cup coconut oil*

*1 cup pumpkin, canned,  
unsweetened*

*1/4 cup oat milk*

*2 tablespoons water*

*1 cup carrots, shredded*

*1 teaspoon truvia-stevia*

*1/2 cup fructose*

*1 1/4 cups sorghum flour*

*3/4 cup oat flour*

*1/4 teaspoon sea salt*

*2 teaspoons baking powder,  
day 2 type (corn)*

*1 teaspoon baking soda*

*1 teaspoon ginger*

*1/2 teaspoon cloves*

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Start to Finish Time: 1 hour 30  
minutes

**Preparation Time: 30 minutes**

**Cook Time:**

Beat eggs, milk, water, fructose, spices, and pumpkin together until well blended.

Add carrots and mix till blended.

In separate bowl, place flour, baking powder, baking soda, and salt. Stir with fork to mix.

Then cut coconut oil into flour mixture until it beads into small meal like consistency.

Add flour mixture to liquids in thirds, stirring until blended each time.

Use parchment paper to line glass loaf pan or use 1/2 teaspoon coconut oil and wipe inside of pan.

Pour batter into loaf pan. Spread out evenly.

Bake in preheated oven of 350 degrees F. for 50 minutes.

Check center of loaf with a wooden skewer. If batter is still on skewer and gooey like batter, not in crumbles, bake 5 minutes longer. This will all depend on your oven. This is a moist bread either way.

Remove from oven. Let cool for about 10 minutes. Remove from loaf pan and cool further on cooling rack.

*Day 2 Rotation. Had fun creating this bread. Turned out better than I thought.*

*Nice ginger/clover kick.*

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Per Serving (excluding unknown items): 169 Calories; 5g Fat (25.6% calories from fat); 3g Protein; 29g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 209mg Sodium; 1g Total Sugars; trace Vitamin D; 72mg Calcium; 1mg Iron; 145mg Potassium; 123mg Phosphorus. Exchanges: 1/2 Other Carbohydrates.