

Pumpkin-Nut Protein Bread



I love bread. Hot-out-of-the-oven bread to be precise. When I began eating fit, I mourned bread the most. I tried all different "clean" bread recipes but none of them were something I looked forward to eating. I might be able to choke it down with water. A lot of water.

So I began experimenting - figuring out what the other recipes lacked and omitting ingredients that didn't either enhance the nutritional value or the taste. Low and behold, I give you Pumpkin Walnut Protein Bread. This bread is gluten free, sugar free and dairy free, and incorporates a good amount of protein, slow carbs and healthy fat. And it's delicious. If you don't like pumpkin, you can also substitute it with another fruit in equal parts, such as 4 medium mashed bananas or additional

applesauce, replacing the pumpkin pie spice for cinnamon. I love to make this ahead of time, slice it up and freeze it for later. It's a great on-the-go snack and is even better toasted. Enjoy!

Directions:

Heat the oven to 350 degrees.

Combine the following ingredients in a bowl:

- 1 1/4 C Old Fashioned Oats (blended to a flour consistency)
- 4 scoops Quest Multi-Purpose Protein Powder
- 1/4-1/2 C Splenda No-Calorie Sweetener, Granulated (depending on taste)
- 4 tsp Pumpkin Pie Spice
- 1 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda

In a separate bowl, combine:

- 3 tsp Pure Vanilla Extract
- 2 Large Egg Whites or 8 oz Liquid Egg Whites
- 1/2 C Unsweetened Applesauce
- 15 oz Pure Pumpkin

Pour the ingredients from the dry bowl into the wet bowl and mix well. Blend in:

- 1/4 C Silk Unsweetened Vanilla Almond Milk

