

# Pumpkin Bread French Toast

## Pumpkin Bread Instructions

1. Preheat the oven to 325 degrees. Grease a 9"×5" loaf pan with a light coat of olive oil or coconut oil.
2. In a large bowl, beat the oil and honey together. Add the eggs and whisk until blended. (If you're using coconut oil that solidifies on contact with cold ingredients, let the bowl rest in a warm place for a few minutes or warm it for about 10 seconds in the microwave.)
3. Whisk in the pumpkin purée, milk/kefir, pumpkin spice blend, baking soda, and vanilla. Switch to a large wooden spoon and add the flour, stirring until combined. If you're adding any additional mix-ins, gently fold them in.
4. Pour the batter into the greased loaf pan and sprinkle cinnamon on top. To make a swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. If there are no add-ins, the bread is typically done in 55 minutes. With add-ins, it takes 60 minutes to bake fully.
6. Let the bread cool in the loaf pan for 10 minutes, then carefully transfer the bread to a cooling rack to rest for 20 minutes before slicing.

## French Toast Instructions

1. Whisk the eggs, milk, and vanilla together. Heat a nonstick or oiled skillet (with olive oil or coconut oil) over medium-high heat.
2. Dip each piece of pumpkin bread in the mixture and soak for about 20 seconds. Let any excess drip off, then transfer to the hot skillet. Cook each slice of bread for a few minutes on both sides until golden brown.
3. Serve with ghee, fresh fruit, and/or toasted coconut. Pair with a side of Greek yogurt for additional protein or a sweet potato, veggie, and egg hash for balance. Enjoy!

## Pumpkin Bread Ingredients:

- ½ cup of olive oil or unrefined virgin coconut oil, melted
- ½ cup of honey
- 2 eggs
- 1 cup of pumpkin purée
- ¼ cup of milk or kefir of choice
- 1 ½ teaspoons of pumpkin spice blend (or ½ teaspoon of cinnamon, ½ teaspoon of ground ginger, ¼ teaspoon of ground nutmeg, and ¼ teaspoon of allspice or cloves)
- 1 teaspoon of baking soda
- 1 teaspoon of vanilla extract
- 1 ¾ cups of whole wheat flour
  - To make this gluten free, use 1 cup of almond flour, and possibly add an additional egg
- *Optional add-ins:* ½ cup of chopped walnuts or pecans, cacao nibs, raisins, chopped dried fruit, etc.
- *Topping:* ½ teaspoon of ground cinnamon

## French Toast Ingredients:

- ½ loaf of pumpkin bread, cut into 6 thick slices
  - Or use the whole loaf with 12 slices and double the following ingredients
- 3 eggs
- ½ cup of milk or kefir of choice
- 1 teaspoon of vanilla extract