

# WHOLESOME PUMPKIN & ZUCCHINI BREAD



This week's recipe of the week is a tasty and wholesome Pumpkin and Zucchini Bread from nutritionist **Tristen Alexandra**. A savoury gluten-free bread full of healing antioxidants and minerals, fibre and healthy fats for gut and hormone health.

**Makes:** 10 slices

**Prep time:** 10 mins

**Cook time:** 50 mins

## Ingredients:

2 cups *butternut pumpkin*, grated

1 cup *zucchini* (approx 1 small or 1/2 large), grated & excess water squeezed out

3 free-range *eggs*

1/4 cup *extra virgin olive oil*

1/4 cup *unsweetened almond milk*

1 1/2 cups *almond meal*

1/2 cup *rice flour*

1/4 tsp *salt*

1/4 tsp each of *ground cinnamon & nutmeg*

2 flat tsp *baking powder*

1/2 cup *walnuts* (optional)

*pumpkin seeds*, for topping

## Instructions:

Preheat oven to 170 degrees celcius. Line a loaf tin with baking paper.

Grate pumpkin and zucchini into a large mixing bowl. Add eggs, oil and milk. Whisk until combined.

In a separate bowl, combine all dry ingredients. Pour into wet ingredients and stir to combine.

Pour into baking tin and smooth down with the back of a spoon. Sprinkle pumpkin seeds over the top.

Bake for 50-55 minutes, until golden. Remove from oven and leave to cool in baking tin for 10 minutes. Finish cooling on a wire rack (baking paper removed). Slice and enjoy!

**\*Note:** as there are no preservatives in this bread, it will keep in the fridge for 2 days, and freezer for up to 3 months. We recommend slicing and freezing once cooled, and defrosting and toasting slices as needed.

Gluten-free | Vegetarian