

# Healthier Recipe of the Week



Use organic ingredients whenever possible.

## Pumpkin Spice Bread

Adapted from a recipe by Delora Lucas, Belle,  
West Virginia

This healthier version uses spelt flour, and a less processed sugar (such as evaporated cane juice, or raw sugar). Also, cutting the sugar in half from the original recipe makes it better for you, and it still tastes just as good, as anyone who has eaten this bread will tell you!

**Makes 2 loaves**

**1 1/2 cups sugar (use a less processed sugar; see note above)**

**1 cup canola oil**

**4 eggs, lightly beaten**

**1 can (16oz) solid-pack pumpkin**

**3 1/2 cups spelt flour**

**1 teaspoon baking soda**

**1/2 teaspoon baking powder**

**1 teaspoon salt**

**1 teaspoon ground cinnamon**

**1 teaspoon ground nutmeg**

**1/2 teaspoon ground cloves**

**1/2 teaspoon ground allspice**

**1/2 cup water**

**Optional: chocolate or white chocolate chips (not as healthy for you, but yummy!)**

**In a large bowl, combine sugar, oil and eggs. Add pumpkin and mix well. Combine dry ingredients; add to the pumpkin mixture alternately with water. Stir in chocolate chips, if desired. Pour into two greased 9-in x 5-in x 3-in loaf pans.**

**Bake at 350 degrees for 60-65 minutes or until a toothpick inserted near the center comes out clean. Cool in pans 10 minutes before removing to a wire rack; cool completely.**