



Pumpkin and Zucchini Bread

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 15

PREPARATION: 15 MINUTES

COOKING: 55 MINUTES

INGREDIENTS

- 210 g (1 1/2 cups) all-purpose flour *"La Merveilleuse"*
- 5 ml (1 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) all-spice
- 2.5 ml (1/2 tsp) ground nutmeg
- 110 g (1/2 cup) cane sugar
- 2 medium eggs (90 g)
- 100 g (1/2 cup) light olive oil
- 250 g (1 cup) [pumpkin puree](#)
- 75 g (1/2 cup) grated zucchini
- 70 g (1/2 cup) raisins and/or semi-sweet chocolate chips
- 50 g (1/2 cup) walnuts, chopped and/or pumpkin seeds

PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. In a bowl, combine dry ingredients.
3. In another bowl, beat sugar and eggs with an electric mixer until creamy. Then add the oil, pumpkin puree and zucchini and beat again for about a minute.
4. Stir the dry mixture into the liquids and beat, still using the electric mixer, until the mixture thickens, about an extra minute. Then add the raisins and nuts, stir well with a wooden spoon.
5. Pour the mixture into a 9 x 5-inch (23 cm x 13 cm) loaf pan, oiled and covered with parchment paper at the bottom.
6. Bake on the centre rack for 55 to 60 minutes, until a toothpick inserted in the centre comes out clean. Let rest for five minutes after taking out of the oven, then unmould and let cool on a wire rack.



A classic comfort food!

TIP

* As with all recipes that contain pumpkin puree and grated zucchini, don't forget to stock up on them in the fall! Take the opportunity to make it an entertaining family activity. Children love emptying pumpkins!

NUTRITION FACTS

Per portion	190 Calories
Fat: 10 g	15 %
saturés 1,5 g	
trans 0 g	8 %
Polyunsaturated: 2,5 g	
oméga-6: 2 g	
oméga-3: 0,5 g	
Monounsaturated: 6 g	
Cholesterol: 20 mg	
Sodium: 130 mg	5 %
Carbohydrate: 24 g	8 %
fibres: 2 g	8 %
sucres: 11 g	
Protéines: 2 g	
Vitamin A	25 %
Vitamin C	4 %
Calcium	4 %
Iron	8 %
Magnesium	10 %
Manganese	30 %
Copper	6 %