

# EASY PUMPKIN BREAD

By Dr. Cindy Tanzar

Savor the flavors of fall with this Easy Pumpkin Bread recipe, a delightful treat that's simple to make and perfect for any occasion. Made with wholesome almond flour and naturally sweetened with Swerve Granular, this moist bread features the warm spices of cinnamon or pumpkin pie spice, complemented by rich, canned pumpkin and eggs for added moisture. Optional Lily's chocolate chips or chopped walnuts bring a lovely texture and flavor contrast. Topped with a sweet glaze made from Swerve Confectioners and a touch of heavy cream, this pumpkin bread is not only delicious but also a low-carb indulgence.

Makes 16 slices.



## INGREDIENTS

### Bread:

- 2 cups almond flour
- 1/4 cup Swerve Granular
- 1 Tbsp baking powder
- 1/2 tsp. Pink Himalayan salt
- 1 tsp. cinnamon or pumpkin pie spice
- 1 cup canned pumpkin
- 3 eggs
- 1/2 cup Lily's chocolate chips or chopped walnuts (optional)



Glaze:

- 1/4 cup Swerve Confectioners
- 2-3 Tbsp heavy cream (or to drizzling consistency)
- Cinnamon or pumpkin pie spice, to taste

## **DIRECTIONS**

Glaze:

1. In a bowl add the Swerve Confectioners and 1 Tbsp of cream at a time to achieve desired consistency.
2. Sprinkle with spice, starting with a small amount and mix. Add more to taste.

Bread:

1. Preheat oven to 325°F. Lightly grease and line a 9x5 loaf pan with parchment paper.
2. Combine the almond flour, Swerve, baking powder, salt and cinnamon.
3. Add pumpkin and eggs and mix all ingredients together well. Fold in chocolate chips or walnuts, if using.
4. Add mixture to the loaf pan and bake for one hour. (Ovens may differ, so check in 50 minutes. If too dark, loosely top with foil.) Insert toothpick to check for doneness – it should be clean.
5. Let bread cool completely in pan before lifting out by the parchment paper and placing onto a rack.
6. Drizzle with glaze.