

Recipe: Flourless Pumpkin Bread Makes: 10 Servings

From the Kitchen of: TheBakerMama.com

### Ingredients

2 cups old-fashioned oats  
1 (15 ounce) can pure pumpkin  
½ cup maple syrup  
2 large eggs  
1 tsp baking soda  
1 tsp pumpkin pie spice

### Directions

1. Preheat oven to 350°F. Lightly grease a 9x5-inch loaf pan with non-stick cooking spray and set aside.
2. Add all ingredients to a blender and blend until smooth and well combined. Pour batter into prepared loaf pan.
3. Bake for 50 minutes or until a toothpick inserted in the center comes out clean.
4. Let loaf cool completely in loaf pan. Store bread in an airtight container in the refrigerator. Enjoy!

Sharp\*<sup>®</sup>Nutrition

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### Estimated Nutrition Facts Per Serving

note: Use oats labeled "gluten-free" to make this recipe gluten-free.

Amount Per serving	% Daily Value
calories 134	
Total Carbohydrate 25 g	8 %
Protein 4 g	8 %
Total Fat 2 g	4 %
Cholesterol 37 mg	12 %
Dietary Fiber 2 g	7 %
Sugars 11 g	
Sodium 130 mg	5 %
Potassium 48 mg	1 %
Vitamin A	71 %
Vitamin C	1 %
Calcium	4 %
Iron	11 %

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