

Chai spiced pumpkin bread

This pumpkin bread is delicious served toasted for breakfast, topped with ricotta and fresh berries, or by itself as a nutritious snack. You can also swap the spelt flour with oat flour. The loaf does freeze beautifully (sliced) for up to 1 month.

Makes 10 slices

Prep: 15 minutes

Cook: 45 minutes

2 eggs
2 tbs honey
60ml (¼ cup) macadamia oil
1 cup mashed pumpkin
150g (1 cup) wholemeal spelt flour
45g (½ cup) oats, plus extra to sprinkle
1 ½ teaspoons ground cinnamon
2 teaspoons ground ginger
½ teaspoon ground cardamom
¼ tsp ground nutmeg
2 tsp baking powder

1 Preheat oven to 180°C. Line a 20 x 10cm baking tin with baking paper.

2 Whisk eggs, honey, oil and mashed pumpkin together in a large bowl.

3 Sift the flour, cinnamon, ginger, cardamom and nutmeg together in a medium bowl. Add the dry ingredients to the wet ingredients and stir until just combined. Be careful not to overmix.

4 Spoon mixture into prepared tin. Sprinkle with extra oats. Bake for 45 minutes or until golden and cooked through. Set aside on a wire rack to cool for 5 minutes before removing from tin. Serve warm or at room temperature.

Tip: Wrap individual slices in plastic wrap and freeze for up to 1 month.