

PUMPKIN BREAD

Ingredients:

1 1/2 cups whole wheat flour
1/2 cup all purpose flour
2 tsp cinnamon
1/3 tsp nutmeg
1/3 tsp ginger
1/3 tsp ground cloves
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
15 ounces pumpkin puree
1/2 cup granulated sugar
1/4 cup honey
1/2 cup plain Greek yogurt
2 eggs
6 T oil

Directions:

1. Preheat oven to 350 degrees F.
2. Line a loaf pan with parchment paper or spray the pan with nonstick cooking spray.
3. Combine the flours, spices, baking powder, baking soda, and salt in a large mixing bowl. Mix until well combined.
4. Combine the pumpkin puree, sugar, honey, yogurt, eggs, and oil in a medium mixing bowl. Mix until well combined.
5. Add the pumpkin mixture into the dry ingredients and mix until a batter is formed. Be careful not to over mix.
6. Pour the batter into the prepared loaf pan.
7. Place on the center rack of the oven and bake for 60 minutes, or until a toothpick inserted into the center comes out clean..
8. Let the bread cool for at least 10 minutes before slicing and serving.

SWEET POTATO BREAD

Ingredients:

- 1 large sweet potato
- 3 T water
- 2 large eggs
- 1/2 cup oil
- 1/4 cup plain Greek yogurt
- 1 1/2 cups whole wheat flour
- 1/2 cup all purpose flour
- 1/2 cup granulated sugar
- 1/4 cup brown sugar, packed
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 T cinnamon
- 1 tsp ginger
- 1 tsp nutmeg
- 1/2 tsp ground cloves

Directions:

1. Preheat oven to 350 degrees F.
2. Line a loaf pan with parchment paper or spray the pan with nonstick cooking spray.
3. Peel the sweet potato and chop into half-inch sized cubes.
4. Place sweet potato cubes and water in shallow bowl or plate.
5. Microwave for about 15 minutes, or until sweet potato is soft.
6. Mash the sweet potato cubes with a fork. Let cool before adding other ingredients.
7. Mix eggs, oil and yogurt with the sweet potatoes until well combined.
8. In a large bowl mix the flours, sugars, baking powder, baking soda, salt, and spices until well combined.
9. Add sweet potato mixture to flour mixture. Mix until ingredients form a batter.
10. Pour the batter into the prepared loaf pan.
11. Bake on center rack in the oven for 60 minutes, or until a toothpick inserted into the middle comes out clean.
12. Let cool for at least 10 minutes before slicing and serving.

APPLE BREAD

Ingredients:

1 apple, chopped (I used
Granny Smith)
2 tsp cinnamon
2 T brown sugar
1 1/2 cups whole wheat flour
1/2 cup all purpose flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 cup plain Greek yogurt
1/2 cup unsweetened
applesauce
1/4 cup honey
2 eggs
2 tsp vanilla
6 T oil

Directions:

1. Preheat oven to 350 degrees F.
2. Line a loaf pan with parchment paper or spray the pan with nonstick cooking spray.
3. Combine the chopped apple, cinnamon, and brown sugar in a medium mixing bowl.
4. Toss ingredients in the bowl until apple pieces are coated.
5. Add the flours, baking powder, baking soda, and salt to the apple pieces. Mix ingredients until well combined.
6. Combine the yogurt, applesauce, honey, eggs, vanilla, and oil in a separate, large mixing bowl. Mix ingredients until well combined.
7. Add the dry mixture to the yogurt mixture. Mix until the ingredients form a batter.
8. Pour the batter into the prepared loaf pan.
9. Bake on center rack in the oven for 60 minutes, or until a toothpick inserted into the center comes out clean.
10. Let cool for at least 10 minutes before slicing and serving.