



# protein pumpkin bread

## INGREDIENTS

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1 1/3 c whole wheat flour

1/2 c maple syrup

1 c canned pumpkin

1 c plain Greek yogurt

1/2 tsp baking soda

1 tsp baking powder

2 eggs

1/2 c melted butter

1 tsp pumpkin spice

## INSTRUCTIONS

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Combine together eggs, melted butter, pumpkin, yogurt, and maple syrup in a mixer.

Add remaining ingredients, mix gently to combine.

Pour into a standard sized loaf pan, and bake for 60-70 minutes in the center of your oven at 350F until passes toothpick test.