



## Pumpkin Bread

*Yield: 12 slices. Recipe from delish.com.*

### Ingredients

2 cups all-purpose flour  
1 tsp. baking soda  
1 tsp. ground cinnamon  
1/2 tsp. baking powder  
1/2 tsp. Kosher salt  
1/4 tsp. ground ginger  
1/4 tsp. ground nutmeg  
2 large eggs  
1 1/4 cups granulated sugar  
1 cup pumpkin puree  
1/4 cup unsalted butter (1 stick), melted  
1/4 cup sour cream  
1 tsp. pure vanilla extract  
Demerara sugar and cinnamon sugar for sprinkling (optional)

### Nutritional info

Calories	265
Fat	10g
Cholesterol	83mg
Sodium	233mg
Carbohydrate	36g
Protein	5g
Dietary Fiber	6g

### Directions:

1. Preheat the oven to 350°F and line a 9 x 5" loaf pan with parchment paper, then grease with cooking spray.
2. In a medium bowl, whisk flour, baking soda, cinnamon, baking powder, salt, ginger, and nutmeg.
3. In a large bowl, using a handheld mixer on medium-high speed, beat eggs, granulated sugar, pumpkin puree, butter, sour cream, and vanilla until light and fluffy.
4. Gradually add dry ingredients to egg mixture and beat on low speed until just combined. Transfer batter to prepared pan. Sprinkle with demerara sugar, then cinnamon sugar (if using).
5. Bake bread until a tester inserted into the center comes out clean, 50 minutes to 1 hour. Transfer to a wire rack and let cool slightly.

### Notes:

**Avoid overmixing.** The best way to combat gummy, dense pumpkin bread is to avoid overmixing. Mix your ingredients until just combined—don't go overboard.

**Use melted butter.** Softened butter can lead to a very cakey bread, which isn't what we're going for here. For the ideal pumpkin bread texture, opt for melting your butter either in the microwave or on the stovetop. If a cakey bread is more your thing, cream together softened butter and sugar until the mixture is light and fluffy.

**Sub the sour cream.** You can also use yogurt if you prefer! Plain, full-fat is best, but you can also use fat-free if that's what you have on hand.