**Pumpkin Ginger BRead**

**INGREDIENTS**

* 1/2 egg, lightly beaten
* 15ml milk
* 110ml  pumpkin puree
* 5ml [canola oil](http://l.thrv.me/HBH5149-spectrum-naturals-organic-refine)
* 30ml unsweetened apple sauce
* 30ml  syrup
* 2.5ml [vanilla extract](http://l.thrv.me/HBH5002-simply-organic-madagascar-vanill)
* 60ml [whole wheat flour](http://thrv.me/QVHki3)
* 60ml [all-purpose flour](http://l.thrv.me/HBH2888-king-arthur-flour-all-purpose-fl)
* 2.5ml [ground ginger](http://l.thrv.me/HBH5675-thrive-market-ground-ginger)
* 1ml [ground cinnamon](http://l.thrv.me/HBH4995-simply-organic-ground-cinnamon)
* 1ml teaspoon nutmeg
* 0.5ml salt
* 2.5ml [baking soda](http://l.thrv.me/HBH5592-thrive-market-baking-soda)
* 2.5ml [baking powder](http://l.thrv.me/HBH5734-thrive-market-organic-arrowroot-)

**INSTRUCTIONS**

1. Preheat the oven to 325 degrees F. Prepare baking tin with parchment paper.

1. Add the egg, milk, pumpkin, oil, applesauce, syrup, and vanilla to a medium bowl and whisk until combined.
2. Add the flours, ginger, cinnamon, nutmeg, salt, baking soda, and baking powder to a large bowl and mix well. Pour the wet ingredients into the dry and stir until just combined.
3. Pour the batter into the prepared loaf pan and tap the bottom a few times on the counter to even everything out. Bake on a middle rack for 25 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool for at least 5 minutes.