

Pumpkin Spice Energy Bread

BY STEPHANIE F.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 2 cups organic rolled oats ✓
- ½ tsp. pink Himalayan salt ✓
- 1 tsp. cinnamon ✓
- 2 organic eggs
- 1 cup organic milk (or milk substitute)
- 1 tsp. vanilla extract ✓
- 5 tbsp. unsweetened shredded coconut ✓
- ¼ tsp. ground clove
- ¼ tsp. ground nutmeg
- 12 oz. pumpkin butter ✓
- 3 tbsp. hemp seeds ✓
- 1 ½ tbsp. golden flax seeds ✓
- ½ cup chopped pecans ✓
- ¼ cup sweet cacao nibs ✓
- Organic butter or ghee

DIRECTIONS:

1. Preheat oven to 400 F°.
2. Grease a bread loaf pan with butter or ghee.
3. Mix oats, salt, cinnamon, nutmeg, and clove in a bowl.
4. In a separate bowl, combine eggs, vanilla, milk, and pumpkin butter.
5. Stir oat mixture into wet mixture and mix well.
6. Add hemp seeds, shredded coconut, cacao nibs, pecans, and flax seeds and stir well
7. Pour mixture into loaf pan and bake for 40-45 minutes.
8. Let cool on a rack for 20-25 minutes.
9. Once cooled completely, you can cut into slices.
10. Wrap each bar using clingy wrap and store in the refrigerator.

****Will last for about 2 weeks****