

Buckwheat pumpkin Bread

1 cups Buckwheat flour
1 1/2 t baking powder
1 T cinnamon
1/2 t nutmeg
1/2 t cloves
1/2 cup applesauce
1/2 cup pumpkin
1/4 cup luke warm water
1/3 cup oil
3/4 cups sugar
1 beaten egg white

Preheat oven to 400

Beat egg white till soft peak.

Combine dry ingredients

Add applesauce, pumpkin, oil, and sugar. Mix until well blended

Stir in egg white.

Pour into a bread pan

Bake 50 min or until a knife comes out clean.

This bread was inspired by the pumpkin bread in [The Autism Cookbook: 101 Gluten-Free and Dairy-Free Recipes](#) by Susan K Delaine. My kids found the bread a little to dense

<http://www.lincolntent.com/GFCF-Bread.html>