

Pumpkin Bread with Pumpkin Buttercream Frosting

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Serves 12, 2 FSP per serving. Thank you Christine Smith for asking me to lighten up this recipe!

Bread

- 1 3/4 cups all purpose flour
- 1 1/2 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground nutmeg
- 1/2 tsp ground allspice
- 2 large eggs
- 3/4 cup 0 calorie brown sugar substitute, packed (Swerve, Lakanto Golden, Sukrin Gold)
- 1/3 cup 0 calorie granulated sugar substitute (Swerve, Lakanto)
- 1/2 cup unsweetened applesauce
- 1 1/4 cups pure pumpkin puree

Frosting

- 2 Tbsp light butter
- 1 Tbsp pure pumpkin puree

- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla
- 1 1/2 cups 0 calorie powdered sugar substitute (Swerve confectioners sugar)
- 2 tsp unsweetened almond milk or 1% milk
- 2 Tbsp chopped nuts of your choice (walnuts, pecans)

Bread

1. Position your oven rack in the middle of the oven and preheat oven to 325. Spray a 9x5 loaf pan with non stick spray. Set aside.
2. In a medium bowl, combine flour, cinnamon, baking powder, baking soda, salt, nutmeg and allspice and whisk until thoroughly combined. Set aside.
3. In another bowl or the bowl of an electric mixer, beat eggs on medium high for two minutes or until lightened in color. Add the brown sugar and beat for 2 minutes and then the granulated sugar and beat for 1 minute more. Scrape down sides as needed.
4. Drizzle in applesauce with beater on medium low. Reduce speed to low and add the pumpkin puree. Mix until thoroughly combined. Add the dry ingredients in two additions and blend for 10-15 seconds just until incorporated.
5. Spoon the batter into your prepared loaf pan and bake for 60-65 minutes or until a toothpick inserted in the center comes out clean. Cool loaf in pan for 15 minutes. Remove to wire rack and cool COMPLETELY.

Frosting

1. With an electric mixer, cream the butter, pumpkin puree, cinnamon and vanilla, blending well and scraping the

sides as needed.

2. Add the powdered sugar, 1/2 cup at a time, blending well after each addition. Scraping the sides as needed. Add milk 1 tsp at a time and blend well. NOTE: this makes a very thick frosting. If you like it thinner, add a bit more milk.
3. Sprinkle nuts on top. Slice into 12 slices approx 3/4 of an inch thick.