

Pumpkin-Date-Apple-Nut Bread

Makes 1 loaf

8 oz. dried dates, chopped
2/3 cup very hot or boiling water
1.25 cups whole wheat flour
3/4 cup all purpose flour
1 tsp. baking soda
2 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. nutmeg
1/4 cup canola oil
1/3 cup brown sugar
1/3 cup granulated sugar
1 egg
1 tsp. vanilla
1 cup + 2 Tbsp. pumpkin puree
2 Tbsp. applesauce
1 medium apple, peeled, cored, and chopped
1/3 cup chopped walnuts

Preheat the oven to 350 and lightly grease a loaf pan.

Place chopped dates in a small bowl, and then cover with hot water. Allow to stand until the water comes to room temperature.

Meanwhile, sift together the flours, baking soda, baking powder, salt, cinnamon, cloves and nutmeg in a large bowl.

In another bowl, or in the bowl of your stand mixer, beat the canola oil and sugars until well blended. Beat in the egg and vanilla, just until incorporated; then add the pumpkin puree and applesauce.

Add 1/3 of the flour mixture to the wet ingredients and beat until just incorporated. Repeat with another 1/3. Then, add the dates, with their water and beat for just a few seconds. Finally, add the remaining flour and mix until blended (I like using a spatula towards the ends to keep the batter light). Fold in the apples and walnuts. Pour the batter into the loaf pan.

Bake for 35-40 minutes or until a tester comes out clean. Cool in the pan for 5-10 minutes before placing on a rack to cool completely.