

# The Seasonal Gourmet

by **KATE DUNCOMBE** /// EAC Volunteer

## Vegan Pumpkin Chocolate Loaf

It's a great feeling finding a vegan recipe that causes disbelief in folks who tell you how delicious it is. That's what we find with this Pumpkin Loaf. Shockingly good, and shockingly egg and dairy free. As a cafe, we want everyone who comes in to feel welcome, which means including options for gluten free goods, as well as vegan treats to make sure no one leaves feeling left out. We do work right next to a preschool after all...

When one of our employees who is vegetarian herself found this recipe by Gina Burgess, and asked to try it, we said "oh heck yes." And we never looked back. Using everyday, easy to find ingredients like canned pumpkin and pumpkin seeds, warming spices like allspice, cinnamon and ginger, it is one of the easiest recipes we've ever made. You can also spice it up during harvest season by using local pumpkins to make your own pumpkin purée.

This recipe also bakes well in muffin form, making it easy to pack into a lunch box or to enjoy with friends and family under the changing leaves. Enjoy!



### DRY INGREDIENTS

- 2 cups** plain, all purpose flour
- 1 1/4 tsp** baking powder
- 1 tsp** baking soda
- 1/2 tsp** salt
- 2 tsp** cinnamon
- 1/4 tsp** nutmeg
- 3/4 tsp** ground ginger
- 1/4 tsp** all spice or cloves
- 1 cup** brown sugar
- 1/2 cup** pumpkin seeds (save some for topping!)
- 3/4 cup** dark chocolate chips - same as above, save those bad boys for some extra chocolatey goodness on top

### WET INGREDIENTS

- 1 cup** pure pumpkin puree (canned is okay!)
- 2 tsp** vanilla extract
- 1/4 cup** coconut oil (or any neutral oil)
- 2/3 cup** dairy free milk of choice (such as oat or soy)

### DIRECTIONS

- 1 Preheat your oven to 350F and grease and line a loaf pan.
- 2 Mix the dry ingredients together (except for the chocolate chips) in a large bowl.
- 3 Mix the wet ingredients together in another bowl (using a hand mixer works well!)
- 4 Add the wet mixture to dry and mix together until a smooth batter forms, then fold in the chocolate chips.
- 5 Pour into the lined loaf tin and sprinkle with pumpkin seeds and chocolate chips.
- 6 Bake in the oven for 50-60 minutes, until golden brown and a toothpick comes out clean. Your kitchen will smell delicious.

**Kate Duncombe** (she/her) manages the Lawrencetown Beach Cafe on the Eastern shore and is a lover of people and food. She manages an amazing staff, who are all passionate about using local and seasonal produce, as well as finding recipes that put smiles on faces. Cafe owner Sam McKenna has a mission to use sustainable sources and is all about forging relationships with growers, makers, and food tasters.