

## GLUTEN-FREE DAIRY-FREE PUMPKIN BREAD WITH MAPLE GLAZE

Spice up your fall with a loaf of this easy gluten-free pumpkin bread! This gluten-free dairy-free pumpkin bread recipe is as delicious as it is healthy, made with whole grain flour, less sugar than most, and no xanthan gum. You can swap in 1 tablespoon + 3/4 teaspoon golden pumpkin spice blend for all of the spices here. See notes for more variations.

PREP TIME: 20 minutes

COOK TIME: 1 hour

COOLING TIME: 1 hour 20 minutes

SERVINGS: 10 servings

### INGREDIENTS

#### PUMPKIN BREAD:

1 teaspoon softened vegan butter or coconut oil, for the pan  
1 1/3 cup (300 g) pumpkin puree  
3/4 cup + 2 tablespoons (190 g) organic granulated sugar  
2/3 cup (125 g by weight) sunflower oil (or other neutral vegetable oil) !"4 large eggs  
1 teaspoon vanilla extract  
1 cup (110 g) Bob's Red Mill gluten-free oat flour  
2/3 cup (105 g) Bob's Red Mill sweet rice flour  
2/3 cup (95 g) Bob's Red Mill millet flour  
3 tablespoons (22 g) Bob's Red Mill tapioca flour  
1 tablespoon baking powder  
3/4 teaspoon baking soda  
1 teaspoon fine sea or kosher salt  
1 1/2 teaspoon ground ginger  
1 1/4 teaspoon ground cinnamon  
1/2 teaspoon turmeric (optional, mostly for color)  
1/2 teaspoon packed freshly ground nutmeg  
1/8 teaspoon ground allspice

#### MAPLE GLAZE:

4 tablespoons (55 g) vegan or dairy butter, melted  
1/2 cup (60 g) powdered sugar, sifted if clumpy  
3 tablespoons maple syrup  
big pinch salt if using unsalted butter

### INSTRUCTIONS

#### PUMPKIN BREAD:

1. Position a rack in the center of the oven and preheat to 350oRub a 9x5 loaf pan with the butter or coconut oil and line the bottom and sides of the pan with two pieces of parchment paper cut to fit.
2. In a large bowl, whisk together the pumpkin puree, sugar, oil, eggs, and vanilla.
3. Place a mesh strainer over the bowl (or over a different medium-sized bowl) and sift in the oat, sweet rice, millet, and tapioca flours along with the baking powder, baking soda, salt, ginger, cinnamon, turmeric (if using), nutmeg, and allspice.

4. Whisk the dry ingredients into the wet ingredients until smooth.
5. Pour the batter into the prepared pan. Bake the pumpkin bread until a toothpick inserted near the center comes out with moist crumbs, 55 to 65 minutes. Check the loaf after 45 minutes and rotate if it's browning unevenly or move it to the lower rack if it's browning too quickly.
6. Remove the loaf from the oven and let cool for 20 minutes, then remove from the pan and let cool completely on a wire rack, about 1 hour.

#### MAPLE GLAZE:

1. While the loaf cools, make the glaze. Whisk together the powdered sugar, melted butter, and maple syrup until the mixture is smooth. Let cool until thickly pourable, about 20 minutes.
2. Place the pumpkin bread still on the wire rack on a large plate. Pour the glaze over the pumpkin cake letting it drip down the sides. We like to scoop up extra glaze that collects on the plate and slather it on slices of pumpkin bread.
3. Let the glaze set until firm (you can pop it in the fridge for 15 minutes to speed this up). Slice and enjoy.
4. Store this pumpkin bread covered at room temperature for up to 1 day or refrigerated for up to 4 days.

#### NOTES

**To keep this recipe dairy-free**, use a vegan butter in the glaze that you like the taste of. My favorite is Miyoko's cultured vegan butter.

**To make this with homemade winter squash puree** in place of the canned pumpkin, cut a butternut (or other winter squash) in half lengthwise and leave the seeds in for now. Place the squash cut-side down on an oiled rimmed baking sheet and roast at 375oF until collapsing and super tender, 45 minutes or as needed. Let cool, scoop out the seeds and strings and discard (this is easier to do post-baking). Scoop the flesh into a food processor, and blend until super smooth. Refrigerate for up to 1 week or freeze for longer storage. I find that butternut squash tend to be the most consistent for baking as actual pumpkins can be watery and bland.

**To substitute all-purpose wheat flour or gluten-free flour**, omit all of the flours and tapioca and use 332 grams (about 2 1/3 cups) of all-purpose flour in its place. I haven't tested this myself, so please leave a comment if you give it a try! GF AP blends are all different from one another, my favorite being Bob's Red Mill 1 to 1 flour, which is based on sweet rice flour. Stay away from any flour that contains bean or quinoa flours as those can have a strong, unpleasant taste in sweets.

**Nutritional values are for 1 of 10 slices.**

#### NUTRITION

Calories: 420kcal

Saturated Fat: 3g

Fiber: 3g

Calcium: 90mg

Carbohydrates: 54g

Cholesterol: 65mg

Sugar: 26g  
Iron: 2mg  
Protein: 5g Sodium: 383mg  
Vitamin A: 5412IU  
Fat: 21g  
Potassium: 256mg  
Vitamin C: 1mg

Source: <https://bojongourmet.com/gluten-free-pumpkin-bread-maple-glaze/>