



SINGLE-SERVE PUMPKIN LOAF



INGREDIENTS:

- 1/2 cup pure pumpkin
- 4 egg whites
- 1 tsp vanilla extract
- Stevia to taste
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 1/2 scoops vanilla vegan protein (may sub in 2 tbsp coconut or almond flour)

Glaze Topping

- 1/3 cup pure pumpkin
- 1/2 cup stevia
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice

DIRECTIONS:

- 1) Preheat oven to 350 degrees.
- 2) Blend together all ingredients until smooth and pour batter into a mini loaf pan OR divide into 2 muffin tins.

Glaze Topping:

- 1) Combine all ingredients and refrigerate in small covered jar.
- 2) Heat servings for 15-20 seconds in microwave.
- 3) Drizzle over your loaf.

1 serving: 1 tbsp

Calories: 250 | Protein: 45 gm | Carbs: 4 gm | Fat: 0.5 gm