



LIVE WELL WATERTOWN

Corn Oat Pumpkin Bread

Chef: This recipe was created by Stephanie Venizelos 😊

INGREDIENTS:

- 1 cup whole grain oat flour
- 1 cup of yellow whole grain cornmeal (not coarse ground)
- 1 and ½ tsp of Baking Powder
- 1 tsp. of Baking Soda
- ¼ tsp. salt
- 2 TBSP sugar
- 2 eggs, beaten (use only one yolk)
- 1 to 2 TBSP maple syrup (use less unless you want a bit more sweet flavor)
- One container of Chobani Greek Yogurt (**Pumpkin Spice flavor** *seasonal, only available during the holidays, so stock up!)
- 1 cup of canned 100% pumpkin
- ¼ cup water (add at the end if needed to de-thicken the batter a bit)
- Optional: you can add 2 TBSP of walnuts or another type of nut
And/or some cinnamon or pumpkin pies spices

*the bread I brought to class did not have nuts or optional spices

INSTRUCTIONS:

Preheat oven to 350 degrees.

Mix the dry ingredients and set aside. Beat the eggs with a fork then add the maple syrup, yogurt, pumpkin, and water if needed. Mix with dry ingredients until blended and pour into a standard sized bread pan. Bake for about 45 minutes or until knife inserted in center comes out dry.

You can also make muffins with the recipe, though the cooking time will be reduced to about 20 to 30 minutes, depending on size of muffin pan.