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Autumn Pumpkin & Apple Breakfast Loaf

Autumn is the season associated with the Metal Element in Chinese Medicine, where we retain goodness whilst simultaneously letting go of what we no longer need - trees put goodness into their fruits & shed their leaves. In Chinese Food Energetics, both pumpkin & apple nourish the Stomach & Spleen (digestive system), & Lungs, Large Intestine (Metal Element organs) therefore nourishing the body generally with good energy & fuel, but particularly strengthening those Metal organs which could be more susceptible to invasions & infections in Autumn. Watch the online video to see how Rhiannon made this & read the blog at: <http://wp.me/p1ML5a-l>

Ingredients:

- ½ cup Rice Flour
- ½ cup Chickpea Flour
- ½ cup Porridge Oats
- 1 tsp Bicarbonate of Soda
- 1 cup Pumpkin (prepared)
- ¼ cup Fructose
- ½ cup Apples (peeled & chopped)
- ½ cup Stewed Apple / Unsweetened Apple Sauce
- 1 Large Egg
- 1 Egg White
- 1 tsp Cinnamon
- ½ cup Walnuts (optional)



Directions:

1. Pre-heat your oven to 200°C, & prepare your fresh pumpkin - choose a small one, about the size of a cantaloupe melon. Cut it in half & remove the seeds & pulp. You may want to save the seeds for roasting afterwards as they are high in zinc. You can place each half flesh side down on a baking sheet, or cut into slices & roast for around an hour. The flesh should be soft & come away easily from the skin. Mash the flesh with a fork & measure out 1 cup ready for the next stage. Any remains will keep in the fridge for one week.
2. For baking the loaf, pre-heat the oven to 180°C, & spray a loaf tin with oil, or line tin with baking parchment.
3. In one bowl combine the two flours, oats, bicarbonate of soda & cinnamon together.
4. In a separate bowl mix the fructose, pumpkin, egg, egg white & stewed apple / sauce.
5. Pour the dry ingredients into the wet ingredients & stir until combined.
6. Fold in chopped apples, (& walnuts if using); then pour into the loaf tin.
7. Bake on the middle shelf of the oven at 180°C for 1 hour, turning once during this time.
8. Allow to cool, slice & enjoy! Warm a slice in the morning to really nourish before heading out into the cold!

Please note this is not western medical advice, please consult your doctor before changing your lifestyle, especially if you are on medication.
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