

# Spiced Avocado Bread



## ingredient list

3-4 overripe avocados, mashed  
2 C raw cane sugar, sucanat, or  
coconut sugar  
4 farm eggs  
¼ C extra virgin olive oil  
¼ C coconut oil  
¼ C water  
2 tsp. baking soda  
1 ½ tsp pumpkin pie spice  
1 ½ tsp. cinnamon  
1 ½ tsp. salt  
3 C whole wheat flour

## preparation

Preheat oven to 350 degrees. In a mixing bowl, combine avocados, sugar, eggs, oils and water. Mix until everything is well incorporated and smooth. In another bowl, combine the rest of the ingredients and stir. Gently mix the dry ingredients into the wet ingredients, being careful not to overmix. Pour the batter into two loaf pans and bake in the oven for 45 - 60 minutes, until the loaf is browned and it springs back to the touch.

Note: Avocados are high in vitamin K, vitamin C, and monounsaturated fatty acids