



Make Healthy Happen One Meal at a Time

Pumpkin Yeast Bread in Crock Pot

Ingredients

2 Tbsp. dried yeast
½ cup milk, lukewarm
1 large Egg
1 ½ cups pureed pumpkin fresh or canned
2 Tbsp. vegetable oil
2 cups whole wheat flour
2 cups white flour
2 Tbsp. sugar
2 ½ tsp. salt

Directions

1. Combine 2 Tbsp. dried yeast in ½ cup lukewarm milk. Add the other ingredients. Mix until dough holds together. May have to add up to 1 cup more of flour to get to correct consistency. . Turn out onto a lightly floured surface and knead until smooth, approximately 5 minutes. Shape into a ball.
2. Line a slow cooker (crockpot) with parchment paper.
3. Place dough ball into crockpot. Cook on high until internal temperature of 200°F. **Using the thermometer is a key to cooking it correctly.**

Note: To crisp up the crust, transfer bread to a baking sheet and broil until golden, 2 to 3 minutes