



RECIPE: Pumpkin Flax Quickbread

Diet plays an important part in body inflammation and estrogen levels, so the right food intake is essential for those with endometriosis and other conditions like PCOS, insulin resistance and female cancers. Eating at least 35 grams of fiber a day, like flaxseed, can help the body rid of excess estrogen. Similarly, flaxseeds and oils have anti-inflammatory properties. The pumpkin in this [quickbread recipe](#) adds additional minerals to help relax cramping muscles.

Ingredients

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| 2 tablespoons flax seed meal | 1 teaspoon baking soda |
| 6 tablespoons water | 1 teaspoon ground cinnamon |
| 1 ½ cups sugar | ¼ teaspoon salt |
| 1 cup canned pumpkin puree | ½ teaspoon baking powder |
| ½ cup applesauce | ½ teaspoon ground nutmeg |
| 1 ⅓ cups all-purpose flour | ¼ teaspoon ground cloves |
| ⅓ cup whole wheat pastry flour | |

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x5 inch loaf pan.
2. Whisk together flax seed meal and water. Mix in sugar, pumpkin and apple sauce.
3. In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda, cinnamon, salt, baking powder, nutmeg, and cloves. Add flour mixture to pumpkin mixture; stir until smooth. Pour batter into prepared pan.
4. Bake in preheated oven for 65 to 70 minutes, until a toothpick inserted into center of the loaf comes out clean.

Cooking Hacks: (1) Replace some of the oil in your recipes with a 1:3 ratio (oil to ground flaxseed). e.g. ½ cup oil can be replaced with ¼ cup oil + ¾ cup ground flaxseeds. (2) swap an egg for 1 TBSP ground flaxseeds mixed with 3 TBSP water; rest for a few minutes.

Sources: [Cleveland Clinic](#); [Cleveland Clinic](#); [Taste of Home](#)

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