



Pumpkin Bread Recipe

Ingredients:

2 cups all-purpose flour
½ teaspoon salt
1 teaspoon baking soda
½ teaspoon baking powder
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 ½ sticks unsalted (softened) butter
2 cups sugar
2 large eggs
1 15_{oz} can pumpkin

Fall and Mental Health

Daily routines can help manage your mood!

- Spend time outdoors every day
- Set aside time every day to do an activity
- Create a regular meal schedule
- Connect with family and friends
- Try sticking to a consistent sleep schedule

Directions:

1. Preheat oven to 325°F and set oven rack in the middle position.
2. Grease two 8x4-inch loaf pans with butter and then dust with flour (or opt for a baking spray)
3. In a medium bowl, combine flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
4. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. When combined, beat in the pumpkin.
5. Add the flour mixture and mix on low speed until combined.
6. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.

Serve and Enjoy!

Fall Activities

- Host a potluck
- Go on a hayride
- Carve a pumpkin
- Go apple picking
- Try out a corn maze
- Go for a hike
- Visit a farmer's market

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