

WFPB Monkey Bread

By: The Jaroudi Family

Serves 8-10

Ingredients:

Dough:

1 cup plant milk, warm and unsweetened

1-15oz can of pumpkin puree (425 g)

3 large, pitted dates (72 g)

1 package of active dry yeast (9 g)

1 tsp white miso

2 & ¾ cup whole-wheat flour (or gluten-free flour) (330 g)

Rolling:

¼ cup date sugar (34 g)

2 tsp Ceylon cinnamon

Classic Icing:

½ cup date paste

1 tsp Ceylon cinnamon

chopped nuts

Or blue icing (yay it is a boy!) - Blend in a high-speed blender.

1 cup blueberries (190 g)

½ cup white beans, cooked (90 g)

½ cup raw cashews (or cooked white sweet potato) (75 g)

½ cup plant milk, unsweetened

4 large, pitted dates (96 g)

3 Tbsp hemp seeds

2 Tbsp butterfly pea powder

½ tsp vanilla powder

Directions:

- 1.) In a high-speed blender combine the warm plant milk, pumpkin puree, and the 3 large pitted dates. Once smooth add to a large bowl with active dry yeast, miso, and flour. Cover and let sit for 1 hour.
- 2.) After one hour, roll small round pieces of the dough. The dough will be sticky (just go with it - you can wet your palms with a tiny bit of water to help). After having the balls rolled out, roll them on a plate of date sugar and Ceylon Cinnamon.
- 3.) Preheat the oven to 350 degrees. In a silicone Bundt pan add the rolled dough balls. It will be two layers.
- 4.) Bake for 30 minutes and remove from the oven.
- 5.) Let monkey bread cool completely before removing it from the Bundt pan.
- 6.) Top monkey bread with icing, fresh fruit, or chopped nuts.