

Low-Glycemic Spiced Pumpkin Hazelnut Loaf

A wholesome autumn-spiced loaf combining fiber-rich pumpkin and whole grains with crunchy hazelnuts—designed to satisfy your sweet tooth without spiking blood sugar.

Prep: 15 min

Cook: 53 min

Total: 68 min

Servings: 12

GL 16.9 / GI 49

Ingredients

- Heart-healthy oil that keeps the cake moist without saturated fat

canola oil
- Low GI, high fiber vegetable that adds moisture and nutrients

unsweetened pumpkin puree
- Natural sweetener with lower GI than white sugar (GI ~58)

honey
- Minimal amount for flavor depth; consider reducing by half

firmly packed brown sugar
- Provides protein to slow glucose absorption

eggs, lightly beaten
- Low GI flour (GI ~51) with intact bran and fiber

whole-wheat flour
- Blended with whole wheat for better texture

all-purpose flour
- Adds omega-3s and soluble fiber to lower glycemic impact

ground flaxseed
- Leavening agent for proper rise

baking powder
- Warming spice with antioxidant properties

ground allspice
- May improve insulin sensitivity; adds natural sweetness perception

ground cinnamon

Aromatic spice that enhances perceived sweetness ground nutmeg

Potent spice with potential blood sugar benefits ground cloves

Enhances flavors and balances sweetness salt

Healthy fats and protein; very low glycemic impact chopped hazelnuts

Instructions

Step 1

Position your oven rack in the center and preheat to 350°F (175°C). Prepare an 8-by-4-inch loaf pan by coating it lightly with cooking spray or brushing with oil, ensuring even coverage on the bottom and sides.

Step 2

In a large mixing bowl, combine the canola oil, pumpkin puree, honey, brown sugar, and beaten eggs. Using an electric mixer set to low speed, blend these wet ingredients together for about 1 minute until the mixture becomes smooth and uniform in color with no streaks remaining.

Step 3

In a separate medium bowl, whisk together both flours, ground flaxseed, baking powder, allspice, cinnamon, nutmeg, cloves, and salt. Mix thoroughly for 30 seconds to ensure the spices and leavening are evenly distributed throughout the dry ingredients.

Step 4

Add the flour-spice mixture to the pumpkin mixture in the large bowl. Switch your mixer to medium speed and beat for 45-60 seconds, just until the dry ingredients are fully incorporated and no flour pockets remain. Avoid overmixing, which can create a tough texture.

Step 5

Transfer the batter into your prepared loaf pan, using a spatula to spread it evenly into the corners. Scatter the chopped hazelnuts uniformly across the top surface, then gently press them down with your fingertips so they nestle partially into the batter and won't fall off when sliced.

Step 6

Bake in the preheated oven for 50-55 minutes, until the loaf is golden brown and springs back lightly when touched. Test for doneness by inserting a toothpick into the center—it should emerge clean or with just a few moist crumbs attached.

Step 7

Remove the pan from the oven and place it on a wire cooling rack. Allow the loaf to cool in the pan for 10 minutes to set its structure. Then carefully invert the pan to release the loaf onto the rack, turning it right-side up to cool completely for at least 30 minutes before slicing.

Step 8

Once fully cooled, use a serrated knife to cut the loaf into 12 equal slices, approximately 3/4-inch thick. For best blood sugar management, pair each slice with a protein source like Greek yogurt, cottage cheese, or a handful of nuts.