

Cream Cheese-Filled Pumpkin Bread with Medicated Glaze Recipe



What You Need :

Ingredients

Pumpkin Bread

- ☐ 1 Large Egg
- ☐ 1 Cup Pumpkin Puree
- ☐ 1/2 Cup Light Brown Sugar
- ☐ 1/4 Cup Granulated Sugar
- ☐ 1/4 Cup Liquid-State Coconut Oil
- ☐ 1/4 Cup Sour Cream
- ☐ 2 t Vanilla Extract
- ☐ 2 t Cinnamon
- ☐ 1 t Pumpkin Pie Spice
- ☐ 1/2 t Ground Nutmeg
- ☐ 1 Cup Flour
- ☐ 1/2 t Baking Powder
- ☐ 1/2 t Baking Soda
- ☐ Pinch Salt, Optional & To Taste

Cream Cheese Filling

- ☐ 1 Large Eggs
- ☐ 4oz Softened Brick-Style Cream Cheese
- ☐ 1/4 Cup Granulated Sugar
- ☐ 3 T All-Purpose Flour

Salted Brown Butter Glaze

- ☐ 2 oz (1/2 cup) Powdered Sugar, Sifted
- ☐ 3 T Brown Sugar
- ☐ 1/8 t Table Salt
- ☐ 1/8 t Ground Cinnamon
- ☐ 2T Salted Canna-Butter
- ☐ 1/2 oz Milk
- ☐ 1/4 t Vanilla Extract

Supplies

- ☐ Small Saucepan
- ☐ Sifter
- ☐ Spatula & Whisk
- ☐ 9x5in Loaf Pan
- ☐ Mixing Bowls

Time Needed

15min - Prep
1hr 30min - Cook
1hr - Cool
2hr 45 min - Total Time



see dosage calculator to figure your butter & serving potency @ [https://www.plant-family.com/thc-dosage-calculator/](https://www.plant-family.com/thc-dosage-calculator/**)

Directions:

Step 1: Prepping Your Ingredients & Bread Pan

- ☐ Gather all your baking supplies and separate them into their 3 steps/sections for expediency.
- ☐ Preheat your oven to 350 °F. Lightly spray cooking oil -or grease- a 9x5 bread loaf pan before flouring it.

Directions Continued:

Step 2: Making the Bread Batter

- ☐ In a large bowl, add the first 10 ingredients (1 large egg through ground nutmeg), and whisk to combine.
- ☐ Add the flour, baking powder, baking soda, optional salt, and fold with spatula or stir gently with a spoon until just combines. Don't overmix. Set aside.
- ☐ Turn about one-half of the batter out into the prepared pan, smoothing the top lightly with a spatula and pushing it into the corners and sides as necessary. Set aside.

Step 3: Making the Cream Cheese Filling

- ☐ In a large bowl, add all the cream cheese filling ingredients and whisk to combine.
- ☐ Evenly pour filling mixture over the bread, smoothing the top lightly with a spatula and pushing it into the corners and sides as necessary.

Step 4: Bring It All Together & Bake

- ☐ Top filling with remaining pumpkin bread batter, smoothing the top very lightly as not to disturb the cream cheese layer, pushing batter into corners and sides as necessary.
- ☐ Bake for about 48 minutes or until the top is domed, golden, the center is set, and a toothpick inserted into the center comes out clean, or with a few moist crumbs. Careful not to get the bread confused with the cream cheese layer. (Watch the bread, not the clock (:)
- ☐ Allow bread to cool in pan for about 15 minutes before turning out and letting cool on a wire rack or cooling plate.

Step 5: Salted Brown Butter Glaze

- ☐ Sift your powdered sugar. After sifting, add into your powdered sugar, salt and cinnamon.
- ☐ In a 1-quart stainless steel saucepan, melt butter and brown sugar over medium-low heat. Add the rest of your wet ingredients -milk & vanilla extract-.
- ☐ Increase heat to medium and simmer for a few minutes, continuously stirring with a heat-resistant spatula. Remove from heat.
- ☐ Add your powdered sugar mixture into your milk and vanilla mixture, and whisk until smooth.
- ☐ Slowly drizzle glaze evenly over the top of your pumpkin bread, letting it drip down sides. Allow glaze to set for 10 minutes, then slice bread with a serrated cake knife, and serve.

ENJOY! (:

Cooking with Cannabis-Infused Ingredients:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking it. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on each individual's body and metabolic rate. In addition, because the THC is digested through your liver, and can therefore more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible's potency depends on many factors, from how long and hot it was cooked, to the potency of your starting product, as well as taking into consideration if your strain was indica or sativa leaning. To test the potency and effect of your finished product, try a small amount to begin with see how that dose affects you after an hour or so. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

**Check out our dosage calculator for help in calculating your edible's dosage @:
<https://www.plant-family.com/thc-dosage-calculator/>**

Happy Cooking!