



Healthy Pumpkin Bread

Directions

- 1) Preheat oven to 350° F.
- 2) Spray 2 loaf pans or muffin tins with nonstick cooking spray.
- 3) In a large bowl, mix flour, non-fat dry milk, sugar, baking soda, salt, baking powder and pumpkin pie spice.
- 4) In a second bowl, beat pumpkin, applesauce, oil, eggs and water until blended.
- 5) Add pumpkin mixture to flour mixture and stir with a spoon just until moistened. Do not over mix!
- 6) Pour batter into 2 loaf pans or muffin tins. Fill pans or muffin tins no more than 2/3 full.
- 7) Bake loaves for 60 to 70 minutes, or muffins for 20 minutes until toothpick inserted into the middle comes out clean.
- 8) Cool on a rack and remove from the pans after 10 minutes.
- 9) If not eaten right away, wrap the loaves (or muffins) in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.



Ingredients:

- Nonstick cooking spray
- 2 Teaspoon baking powder
- 2 cups all-purpose flour
- 2 ½ Teaspoon pumpkin pie spice
- 2 cups whole wheat flour
- 1 can (15 oz) pumpkin
- ½ cup nonfat dry milk
- ¾ cup applesauce, unsweetened
- 1 ¼ cup sugar
- ½ cup canola oil
- 1 Teaspoon baking soda
- 4 eggs
- ½ Teaspoon salt
- ½ cup water

Nutrition Facts

Serving Size: 1" slice of loaf (126 g)

Servings per container: 14

Calories per serving: 280

Calories from fat: 90

% Daily Value

Total Fat : 10 g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 290mg	12%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 17g	
Protein 7g	