



# Try it “Tuesdays”



## Pumpkin Bread

Makes: 2 loaves or 30 muffins

Preparation Time: 20 Minutes

Cooking Time: 60-75 minutes for loaves, 20 minutes for muffins

### Ingredients

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| Nonstick cooking spray            | 3/4 cup applesauce, un-sweetened |
| 2 teaspoons baking powder         | 1 1/4 cup sugar                  |
| 2 cups all-purpose flour          | 1/2 cup vegetable/canola oil     |
| 2 1/2 teaspoons pumpkin pie spice | 1 teaspoon baking soda           |
| 2 cups whole wheat flour          | 4 eggs                           |
| 1 (15-ounce) can pumpkin          | 1/2 teaspoon salt                |
| 1/2 cup non-fat dry milk          | 1/2 cup water                    |

### Directions

Preheat oven to 350 degrees F. Spray two loaf pans or muffin tins with nonstick cooking spray. In a large bowl, mix flour, non-fat dry milk, sugar, baking soda, salt, baking powder, and pumpkin pie spice. In a second bowl, beat pumpkin, applesauce, oil, eggs, and water until blended. Add pumpkin mixture to flour mixture and stir with a spoon just until moistened. Do not over mix. Pour batter into 2 loaf pans or muffin tins. Fill the pans or muffin tins no more than 2/3 full. Bake loaves for 60 to 75 minutes, or muffins for 20 minutes, until a toothpick inserted into the middle comes out clean. Cool on a rack and remove from pans after 10 minutes. 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.

## Nutrition Facts

Serving Size 1" slice of a loaf (126g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories 280</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 4g	16%
Sugars 17g	
<b>Protein 7g</b>	

