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Recipe for Website
VNA Rotation
29 Sept – 9 Oct 2009

Pumpkin Bread
Prep time: 10 minutes
Cook Time: 50-60 minutes
Inactive Time: 10 minutes

Yield: 1 loaf (about 10 slices)

Ingredients:

Butter spread, such as Smart Balance	½ cup
Unsweetened apple sauce	½ cup
Granulated Sugar	1 1/3 cup
Pumpkin Puree	1 cup
Eggs	2
Nonfat yogurt	¼ cup
Nutmeg, ground	½ tsp
Cinnamon, ground	½ tsp
Cloves, ground	1/8 tsp
Ginger, ground	¼ tsp
All-purpose flour	1 cup
Whole wheat flour	½ cup + 1 tablespoon
Baking Powder, sifted	¼ tsp
Baking Soda, sifted	1 tsp
Salt	½ tsp

Method of Preparation:

Preheat oven to 350 F. Spray a 9X5 loaf pan with non-stick spray.

Attach a paddle attachment to a stand-up mixer. Cream together butter spread and apple sauce, sugar, pumpkin, eggs, and yogurt.

In a separate bowl, add in spices, flours, baking powder, baking soda, and salt. Stir with a whisk to incorporate.

Fold the dry mixture into the wet mixture until incorporated. Pour batter into prepared loaf pan. Bake for 55 to 60 minutes or until a toothpick inserted in the center comes out clean.

Remove pumpkin bread from oven and allow to sit for 10 minutes. Remove from pan and allow to completely cool on cooling rack.

Note: Bread can be wrapped in plastic wrap and frozen after baking. When needed to serve, pull from freezer and allow to come to room temperature before serving.

Nutrient Analysis

Per slice

Calories: 245

Fat: 5 grams

Protein: 4 grams

Carbohydrates: 47 grams