

# 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	2 teaspoons baking powder
2 cups all-purpose flour	2 ½ teaspoons pumpkin pie spice
2 cups whole wheat flour	1 (15-ounce) can pumpkin
½ cup non-fat dry milk	¾ cup applesauce, unsweetened
1 ¼ cup sugar	½ cup vegetable/canola oil
1 teaspoon baking soda	4 eggs
½ teaspoon salt	½ cup water

## Directions

1. Preheat oven to 350 degrees F.
2. Spray two loaf pans or pans for 30 muffins 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.
7. Bake loaves for 60-75 minutes, or muffins for 20 minutes, until a toothpick inserted into the middle comes out clean.
8. Cool on a rack and remove from 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.

## Nutrition Facts

Serving Size 1" slice of a loaf (126g)  
Servings Per Container 14

Amount Per Serving

**Calories** 280      **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g      **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