



Make Half Your Grains Whole



EFNEP

Expanded Food and Nutrition Education Program

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

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

Directions

1. Preheat oven to 350 degrees F.
2. Spray two loaf pans 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.
7. Bake loaves for 60-75 minutes, or until a toothpick inserted into the middle of the bread comes out clean.
8. Cool on a rack and remove from pans after 10 minutes.
9. Uncooked batter may be stored in the refrigerator for 1 week or in the freezer for up to 3 months.

