

Pumpkin Bread

Ingredients:

- 1 15-ounce can pumpkin
- 1 c. sugar
- ¼ c. vegetable oil
- 1 c. plain nonfat yogurt
- 1 ½ c. all-purpose flour
- 1 ½ c. whole-wheat flour
- 2 tsp. baking powder
- 2 tsp. baking soda
- 2 tsp. cinnamon
- ½ tsp. salt

Directions:

- Preheat oven to 350 F. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt. In a medium bowl, combine the flours, baking soda, cinnamon, and salt; add to pumpkin mixture; stirring until moistened. Pour into two greased 9- by 5-inch loaf pans and bake for 45 minutes or until toothpick comes out clean. Cool on wire rack for 10 minutes; remove from pan and cool completely.

Makes 32 servings. Per serving: 90 calories, 2 grams (g) fat, 1 g fiber, and 17 g carbohydrate

NDSU EXTENSION
SERVICE