

## 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

<b>Nutrition Facts</b>	
Serving Size 1" slice of a loaf (126g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 90</b>
<small>% Daily Value*</small>	
<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>	

### 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.



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