



Eat Well

Pumpkin Bread

Directions

Preheat oven to 250 degrees F. In a large bowl beat together pumpkin, sugar, oil, and yogurt. In a medium bowl combine flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture. Stir until just moistened. Stir in raisins. Pour into 2 greased 9x5x3 inch loaf pans. Bake for 1 hour. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Servings: 32

Ingredients

- » 15 oz pureed pumpkin
- » 1 cup sugar
- » ¼ cup vegetable oil
- » 1 cup low-fat, plain yogurt
- » 1½ cups all purpose flour
- » 1½ cups whole wheat flour
- » 2 tsp baking powder
- » 2 tsp baking soda
- » 2 tsp cinnamon
- » ½ tsp salt
- » 1 cup raisins

Nutrition information per serving:

Calories 110, Total Fat 2g, Saturated Fat 2g, Sodium 150mg, Carbohydrates 21g, Protein 2g.

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