

# Pumpkin Bread

## Ingredients:

1 can (15-ounce) pumpkin	2 teaspoons baking powder
1 cup sugar	2 teaspoons baking soda
¼ cup vegetable oil	2 teaspoons cinnamon
1 cup low-fat plain yogurt	½ teaspoon salt
1 ½ cups all-purpose flour	1 cup raisins
1 ½ cups whole wheat flour	

## Preparation:

1. Preheat oven to 350°F.
2. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
3. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, and salt. Add to pumpkin mixture, stirring until just moistened.
4. Stir in raisins.
5. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.
6. Cool on a wire rack for 10 minutes.
7. Remove from pan and cool completely.

**Note:** Substituting yogurt for eggs and oil reduces fat and cholesterol.

Yields 32 (1 slice) servings

Nutritional Information Per Serving: 110 calories, 2g protein, 21g carbohydrate (1g fiber), 2g fat, 0mg cholesterol, 150mg sodium

Source: U.S. Department of Agriculture



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