

# Pumpkin Bread

## Ingredients:

- 1 cup pumpkin
- 1/2 cup sugar
- 2 tablespoons vegetable oil
- 1/2 cup plain low-fat yogurt
- 3/4 cup all-purpose flour
- 3/4 cup whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup raisins



## Preparation:

1. Preheat oven to 350°F.
2. In a large mixing bowl, beat together the pumpkin, sugar, oil, and yogurt.
3. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt.
4. Add the dry ingredients to the pumpkin mixture, stirring until moistened.
5. Stir in raisins. Pour in greased 9-by-5-by-3 inch loaf pan.
6. Bake for 1 hour or until a wooden toothpick inserted near the center comes out clean. Cool on a wire rack for 10 minutes, then remove from the pan to cool completely.

Makes one loaf (approximately 16 slices)

Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	7%
Sugars 13g	
Protein 2g	
Vitamin A 70%	Vitamin C 2%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	