

Pumpkin Bread

Ingredients

3 1/3 c all-purpose flour
1 Tbsp baking powder
2 tsp baking soda
1 tsp salt
1 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp apple pie spice
1/4 tsp ground cloves
2 cups granulated sugar
1/2 cup egg substitute
1/2 cup canola oil
1/2 cup low-fat buttermilk
2 large eggs
2/3 cup water
1 (15 ounce) can pumpkin
Cooking spray
1/3 cup chopped nuts (walnuts or pecans)

Directions

1. Preheat oven to 350 F. Spoon flour into dry measuring cups; level with knife. Combine flour and next six ingredients (through cloves) in a bowl.
2. Place sugar, egg substitute, oil, buttermilk, and eggs in large bowl; beat with a mixer at high speed until well blended. Add 2/3 cup water and pumpkin, beating at low speed until blended.
3. Add flour mixture to pumpkin mixture, beating at low speed until just combined.
4. Spoon batter into 2 (9x5 inch) loaf pans coated with cooking spray. Evenly sprinkle nuts over batter.
5. Bake at 350 F for 1 hour or until a wooden toothpick inserted in center comes out clean. Cool 10 minutes in pans on wire rack; remove from pans. Cool completely on wire rack

Nutrition Information makes 24 servings (12 servings per loaf, makes 2 loaves)

Per Serving

Calories: 198
Fat: 6.5 g
Saturated Fat: 1 g
Cholesterol: 18 mg
Sodium: 287 mg
Carbohydrate: 32 g
Fiber: 1.2 g
Protein: 3.4 g



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