



A Nutrition Resource

# PUMPKIN BREAD

**Yield: 2 loaves/30 muffins/14 Servings**

**Serving Size: 1 1" slice**

**Cost/Serving: \$0.28**

## Ingredients:

Nonstick cooking spray  
2 cups all-purpose flour  
2 cups whole wheat flour  
1/2 cup non-fat dry milk  
1 1/4 cup sugar  
1 teaspoon baking soda  
1/2 teaspoon salt  
2 teaspoons baking powder  
2 1/2 teaspoons pumpkin pie spice  
1 (15-ounce) can pumpkin  
3/4 cup applesauce, unsweetened  
1/2 cup vegetable/canola oil  
4 eggs  
1/2 cup water

## Directions:

- 1) Preheat oven to 350 °F.
- 2) Spray two loaf pans or muffin tins (for 30 muffins) with nonstick cooking spray.
- 3) In a large bowl, mix all-purpose flour, whole wheat 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.

## Nutrition Facts

14 servings per container

**Serving size 1" slice (126g)**

**Amount Per Serving**  
**Calories 280**

	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 13g Added Sugars	26%
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 2mg	10%
Potassium 190mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 6) Pour batter into 2 loaf pans or muffin tins to no more than 2/3 full.
- 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 20-30 seconds in the microwave (for muffins) or overnight in the refrigerator.

*This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

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