

Pumpkin Bread

Ingredients

2 each	eggs, beaten
½ cup	raw sugar
1 cup	canned pumpkin
⅓ cup	sunflower oil
¼ cup	water
1 ⅔ cups	whole wheat flour
1 teaspoon	baking soda
¾ teaspoon	salt
½ teaspoon	baking powder
1 ½ teaspoon	Penzeys Spices Cake Spice*
Spray	Cooking or baking spray

***Make your own spice mix with:**

- ½ teaspoon ground ginger
- ½ teaspoon allspice
- 1 teaspoon ground cloves
- 2 tablespoons cinnamon
- 1 tablespoon nutmeg

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine eggs, sugar, pumpkin, oil and water. Sift flour and remaining ingredients together and add to pumpkin mixture. Stir until just combined.
3. Place in a 8 ½ x 4 ½ x 2 ½ inch loaf pan, coated with cooking spray.
4. Bake for 60-70 minutes or until loaf sounds hollow when tapped. Allow bread to cool in the pan for 10 minutes and remove from the pan.

Recipe adapted by Jenny Pitcher, RDN, LD, CHWC

