



Pumpkin Bread

Servings: 16

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 1 cup pumpkin (half of 15-ounce can or fresh, cooked and mashed)
- 1 teaspoon baking powder
- ½ cup sugar
- 1 teaspoon baking soda
- 2 tablespoons vegetable oil
- 1 teaspoon ground cinnamon
- ½ cup plain low-fat yogurt
- ¼ teaspoon salt
- ¾ cup all-purpose flour
- ½ cup raisins
- ¾ cup whole-wheat flour

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. In large mixing bowl, beat together pumpkin, sugar, oil and yogurt.
4. In a medium bowl, combine the flours, baking powder, soda, cinnamon and salt. Add to pumpkin mixture, stirring until moistened.
5. Stir in raisins and pour into greased 9-by-5-by-3-inch loaf pan.
6. Bake for about 1 hour or until toothpick inserted near the center comes out clean.
7. Cool 10 minutes and then remove from pan. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 110

Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 2g

Vitamin A 40% Vitamin C 2%

Calcium 4% Iron 4%

Tips:

- Don't have whole-wheat flour? You can use all-purpose flour.
- Power up breakfast with this pumpkin bread.
- Find a farmers market at:
agebb.missouri.edu/fmkt/dir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/