Pumpkin Bread

Servings: 16

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

1 cup pumpkin (half of 15-ounce can or fresh, cooked and mashed)

½ cup sugar

2 tablespoons vegetable oil

½ cup plain low-fat yogurt

34 cup all-purpose flour

34 cup whole-wheat flour

1 teaspoon baking powder

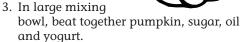
1 teaspoon baking soda

1 teaspoon ground cinnamon

¼ teaspoon salt

½ cup raisins

- Wash hands and surfaces.
- 2. Preheat oven to 350 degrees F.



- 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.

Nutrition	n Facts
servings per contai	ner 1 slice (42g
Amount per serving Calories	80
	% Daily Value
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 14	g 5 %
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added S	Sugars 0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 83mg	2%
*The % Daily Value tells you hor serving of food contributes to a day is used for general nutrition	daily diet. 2,000 calories

Helpful Tips

- Don't have whole-wheat flour? You can use allpurpose flour.
- Power up breakfast with this pumpkin bread.
 Spread a bit of peanut butter on top for a boost of protein.
- Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

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 resource center or go online to mydss.mo.gov/food-assistance