



Pumpkin Breakfast Bread

Yield: 16 servings

Serving: 1 slice (8 per loaf)

Ingredients:

- 3 ½ cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- ½ teaspoon salt
- 2 tablespoons cinnamon
- 3 eggs
- 1 can (15 ounces) pumpkin puree (not pie filling)
- ½ cup sugar
- ¾ cup applesauce
- 6 ounces (¾ cup) low-fat vanilla yogurt
- 1 cup raisins

Directions:

1. Preheat oven to 350 degrees. Coat two loaf pans with nonstick spray.
2. In large bowl, mix flour, baking powder, baking soda, salt, and cinnamon.
3. In separate bowl, mix eggs, pumpkin, sugar, applesauce, and vanilla yogurt. Add raisins, then stir into flour until just combined.
4. Split batter between loaf pans. Bake one hour or until a toothpick inserted into the center comes out clean.

Tip: Second loaf can be frozen.

Nutrition Information per Serving:

Calories 192, Fat 1g, Protein 5g,
Carbohydrate 41g, Fiber 3g,
Sodium 315mg