

Pumpkin Bread

Yield 32 servings

Ingredients

1 can	pumpkin (15 ounce)
1 cup	sugar
1/4 cup	vegetable oil
1 cup	yogurt, plain low-fat
1 1/2 cup	flour (all purpose)
1 1/2 cup	whole wheat flour
2 teaspoons	baking powder
2 teaspoons	baking soda
2 teaspoons	cinnamon
1/2 teaspoon	salt
1 cup	raisins

Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.
5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Cost

Per recipe: \$4.26
Per serving: \$0.13

Source

Iowa State University Extension, Food for Fitness and Fun, November 2000

Notes

Substituting yogurt for eggs and oil reduces fat and cholesterol.

Nutrition Facts	
Serving Size 1 slice, 1/32 of recipe (46g)	
Servings Per Container 32	
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%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	