



## Pumpkin Bread

**Serving Size:** 1 slice

**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



### Directions:

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.
6. Cut each loaf into 16 slices

Nutrition Facts per serving: Calories, 110; Calories from fat, 20 ; Total fat, 2g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 150mg; Total Carbohydrate, 21g; Fiber, 1g; Protein, 2g; Vitamin A, 40%; Vitamin C, 1%; Calcium, 4%; Iron, 4%.

Source: Iowa State University Extension, Food for Fitness and Fun



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