Pumpkin Bread

Ingredients:

2 tablespoons olive oil

1/2 cup honey

1 large egg

1/3 cup plain, non-fat Greek yogurt

1 teaspoon pure vanilla extract

1 1/2 cups pumpkin puree (not pie filling)

1 teaspoon baking soda

1 1/2 teaspoons ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon ground cloves

1/4 teaspoon salt

1 1/2 cups whole wheat flour

Nutrition Facts

Serving Size 1 Slice (55g)	
Servings Per Container 16	

Amount Per Serving

Calories 100	Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 45mg	**2%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**8%**
Sugars 10g	
Protein 3g	

Vitamin A 60%	•	Vitamin C 0%
Calcium 2%	•	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

Directions:

1. Preheat oven to 350°F.
2. Lightly coat an 8"x4" or 9"x5" pan with cooking spray.
3. In a large mixing bowl, beat the oil and honey. Add the Greek yogurt, beat to combine, then add the egg. Make sure the ingredients are smooth and well blended.
4. With the mixer on low, beat in the pumpkin puree and vanilla. Then mix in the baking soda, salt, and spices.
5. Mix in flour until moistened.
6. Spread batter in prepared pan.
7. Bake for 30 minutes, then remove pan and tent with foil to keep the top from becoming too dark.
8. Return to oven and bake an additional 20 – 30 minutes, or until a toothpick inserted in the center comes out clean.
9. Let the bread cool in the pan for 5 minutes before transferring to a wire rack. Let cool 30 minutes before slicing.

For more information, please contact:
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