

## Pumpkin Bread

Serving Size: 1 slice

Yield: 32 servings



### Ingredients:

1 can (15 ounce) pumpkin  
1/4 cup vegetable oil  
1 1/2 cups all purpose flour  
2 teaspoons baking powder  
2 teaspoons cinnamon  
1 cup raisins (optional)

1 cup sugar  
1 cup yogurt, plain lowfat  
1 1/2 cups whole wheat flour  
2 teaspoons baking soda  
1/2 teaspoon salt

### 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.

**Health Note:**

**Substituting yogurt for eggs and oil reduces fat and cholesterol.**

**Source:**

USDA—Food Stamp Nutrition Connection—Recipe Finder  
<http://recipefinder.nal.usda.gov>

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