

Moist Pumpkin Bread

A warm, moist bread perfect for the Fall season. This bread is made with pumpkin, Greek yogurt, whole-grain flours, eggs, and spices. Of course, you can throw in some chocolate chips as you wish. To help reduce the overall fat and calories (without sacrificing flavor) applesauce was used in place of oil. Cut into slices and enjoy along a lean protein of choice, such as eggs, cheese cubes, Greek yogurt, or a protein shake.

Ingredients:

1 cup	Pumpkin puree
½ cup	Non-fat vanilla Greek yogurt
1 large	Egg
1 tsp	Vanilla extract
1/2 cup	Unsweetened applesauce
½ cup	Brown sugar
1 cup	White-whole wheat flour (or all-purpose flour)
½ cup	Oat flour (blended old fashion oats)
1 tsp	Baking soda
¼ tsp	Salt
2 tsp	Cinnamon
1 tsp	Nutmeg
1/2 tsp	Ground ginger
1/2 tsp	Allspice
Optional	Mini chocolate chips, berries, nuts

Directions:

1. Preheat the oven to 350 degrees F. Line a flour bread pan with parchment paper and grease with cooking spray.
2. In a large bowl, mix wet ingredients until smooth.
3. In a medium bowl, whisk together the dry ingredients (except the chocolate chips).
4. Add the dry ingredients into the wet ingredients and mix until clump-free batter forms. DO NOT OVERMIX. If using, gently fold in the mini chocolate chips.
5. Pour into prepared bread pan. Bake for 50-55 minutes or until toothpick comes out clean when inserted. If the top begins to brown but center is not yet done, cover with aluminum foil.
6. Serve warm or cold. Store in an airtight container in the fridge. Enjoy!

Servings: 10 slices
 Serving size: 1 slice

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Nutrition Facts		
Serving Size: 1 Slice		
Amount Per Serving		% Daily Value*
Calories	127.1 kcal	6 %
Total Fat	1.4 g	2 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	18.9 mg	6 %
Sodium	155.6 mg	6 %
Total Carbohydrate	24.9 g	8 %
Dietary Fiber	3.1 g	13 %
Sugars	10.2 g	
Protein	4.2 g	8 %
Vitamin A	51 %	Vitamin C 1 %
Calcium	4 %	Iron 6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		