

Pumpkin Bread

Yields 2 loaves or 24 muffins. Serving size: 1/12 of one loaf or one muffin

Nutrition Information: Calories: 240, Fat: 4.5 grams, Protein 4 grams, Fiber 2 grams

Ingredients:

Vegetable oil or cooking spray	$\frac{2}{3}$ cup toasted wheat germ
2 $\frac{2}{3}$ cups sugar	1 $\frac{1}{2}$ teaspoons salt
$\frac{1}{3}$ cup canola oil	2 teaspoons baking soda
$\frac{1}{3}$ cups unsweetened applesauce	1 $\frac{1}{2}$ teaspoons baking powder
1 15-ounce can pumpkin	1 teaspoon ground cloves
4 eggs	1 teaspoon ground cinnamon
$\frac{2}{3}$ cup nonfat plain yogurt	1 teaspoon ground nutmeg
2 $\frac{2}{3}$ cups all-purpose flour	1 $\frac{1}{2}$ cups raisins

Directions

- Preheat oven to 350 °F. Spray two 8 $\frac{1}{2}$ -by-4 $\frac{1}{2}$ -by 2 $\frac{1}{2}$ -inch loaf pans or 24 muffin tins with the cooking spray.
- Cream together the sugar, canola oil, applesauce, pumpkin, eggs and yogurt until smooth.
- Stir together the flour, wheat germ, salt, baking soda, baking powder, cloves, cinnamon and nutmeg.
- Combine the dry mixture with the wet one; stir until well combined. Fold in the raisins.
- Pour into the prepared pans (fill the muffin tins $\frac{2}{3}$ full). Bake for 50 minutes (loaves) or 25 minutes (muffins).
- Instead of raisins, substitute sweetened dried cranberries, which lend a tangy taste.
- This freezes well as muffins or bread, up to three months. Thaw at room temperature, in the microwave (about 15 seconds per muffin or slice, or in the toaster (slices only).