

# Featured Ingredient... Pumpkin



## PUMPKIN BREAD

### INGREDIENTS

- 1½ cup flour
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 cup pumpkin puree
- ½ cup butter, melted
- 1 cup packed brown sugar
- ½ cup 2% milk (use skim to decrease calories and whole to increase calories)
- 1 large egg

### NUTRITIONAL FACTS

Servings: 12

Calories: 146

Protein: 2.7 grams

Carbohydrates: 32 grams

Fat: 0.9 grams

### DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Sift the flour, baking soda, salt, cinnamon and nutmeg into a large bowl.
3. Mix in the pumpkin, brown sugar, milk, egg and butter until well blended.
4. Pour into a 9x5 inch loaf pan and smooth the top.
5. Bake for 1 hour in the preheated oven, or until a toothpick inserted into the center comes out clean.

### TO MAKE THIS GLUTEN FREE

Use all-purpose gluten free flour to make gluten free

