



Honey Pumpkin Bread

Recipe Source: www.cookieandkate.com

Yield: One 9x5-inch loaf

Ingredients:

⅓ cup canola oil

½ cup honey

2 eggs

1 cup pumpkin purée

¼ cup low-fat milk (or non-dairy milk)

1 tsp vanilla

1 ½ tsp pumpkin pie spice blend (or see substitute below)

1 tsp baking soda

½ tsp salt

1 ¾ cups white whole wheat flour (or 1 cup white whole wheat flour plus ¾ cup all-purpose)

Optional: ½ cup mix-ins like chopped walnuts or pecans, semi-sweet chocolate chips, raisins, dried cranberries, etc.

Steps:

- Preheat oven to 325° and lightly grease a 9x5-inch loaf pan.
- In a large bowl, whisk together the oil and honey. Add the eggs and whisk until blended.
- Add the pumpkin puree, milk, and vanilla and whisk to combine.
- In a separate bowl, combine the pumpkin pie spice, baking soda, salt, flour, and mix-ins (if using). With a wooden spoon, gently stir the dry ingredients into the pumpkin mixture just until combined.
- Pour the batter into the prepared loaf pan and sprinkle lightly with additional cinnamon if desired. If you would like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
- Bake for 50-60 minutes, or until a toothpick inserted near the center comes out a little wet with moist crumbs. (If you bake until it comes out completely clean, you may have over-baked.) Let the bread cool in the loaf pan for 10 minutes before turning out onto a wire rack to cool. Wait at least 20 minutes before slicing.

Tips from the Test Kitchen: If you don't have pumpkin pie spice you can use ½ tsp cinnamon, ½ tsp ground ginger, ¼ tsp ground nutmeg, and ¼ tsp cloves or allspice instead.

Nutritional Facts (per serving): Calories: 215, Carbohydrates: 31 grams, Protein: 5 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 38 mg, Sodium: 261 mg, Fiber: 3 grams, Total Sugars: 14 grams.