



Perfect Pumpkin Chocolate Chip Bread

Recipe Source: www.melskitchencafe.com

Yield: 2 (9x5 inch) loaves

Ingredients:

2 ½ cups white flour
1 cup whole wheat flour (preferably white whole wheat)
1 ½ cups granulated sugar
2 tsp baking soda
2 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp salt
1 cup semi-sweet chocolate chips (regular or mini)
1 (15 oz) can pumpkin puree (not pie filling)
½ cup unsweetened applesauce
½ cup canola oil
4 large eggs
2/3 cup water or buttermilk

Steps:

- Preheat the oven to 350°. Grease two 9x5 inch loaf pans, or three 8 ½x4 ½ inch loaf pans.
- In a large bowl, mix flours, sugar, baking soda, cinnamon, nutmeg, and salt together. Set aside.
- In a separate small bowl, mix the chocolate chips with 1-2 tablespoons of the flour mixture. (This prevents chocolate chips from sinking to the bottom when the bread is baked.) Set aside.
- In a medium bowl or large liquid measuring cup, whisk together canned pumpkin, applesauce, oil, eggs, and water (or buttermilk) until well combined. Stir into dry ingredients just until moistened and a few dry streaks remain.
- Gently fold the chocolate chips into the batter. Pour batter evenly in prepared pans.
- Bake the bread 50-70 minutes or until a toothpick inserted in the center comes out with a few crumbs. Remove the bread from the oven and let it sit about 10 minutes. Run a knife gently around the edges of the loaves and turn them out onto a wire rack (right side up).
- Let bread cool completely, then slice and serve. This bread is even better the next day.

Tips from the Test Kitchen: Both white whole wheat and red whole wheat flours are considered whole grains. You can use either one in this recipe, but white whole wheat will give less of a "wheat" flavor and a lighter texture. To freeze the bread up to 2 months, after cooling wrap the bread in plastic and then a layer of aluminum foil.



Nutritional Facts (per serving): Calories: 326, Carbohydrates: 50 grams, Protein: 6 grams, Total Fat: 12 grams, Saturated Fat: 3 grams, Cholesterol: 47 mg, Sodium: 343 mg, Fiber: 3 grams, Total Sugars: 27 grams.