
Pumpkin Bread

This recipe can be used for all nutritional needs.



Serving Size 1 slice (3/4" thick)

Ingredients:

2 1/2 c AP Flour
2 t Pumpkin Pie Spice
2 t Baking Powder
2 Eggs
2 c Splenda®
1 3/4 c Pumpkin Puree, canned
1/2 c Oil, canola
1 c Cranberries, fresh

Directions:

1. Wash all fresh fruits thoroughly before using. Set aside to dry.
2. Preheat oven to 350 degrees. Lightly spray a 9"x5" loaf pan with cooking spray.
3. In a large bowl, combine flour, pumpkin pie spice and baking powder.
4. In a medium bowl, combine eggs, Splenda, pumpkin puree and oil. Beat until well blended.
5. Add pumpkin mixture to dry mixture in large bowl and stir just until blended. Gently stir in cranberries.
6. Spoon into prepared loaf pan and place in preheated oven. Bake for 55 minutes or until golden brown.
7. Use immediately or refrigerate for up to 3 days.

Special Dietary Note:

For autoimmune diets, personal sensitivities must be considered.

Nutrition Facts:

PER SERVING (1 slice):

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| Calories | 374 |
| Total Fat | 12 |
| Sodium | 90 |
| Potassium | 138 |
| Carbohydrates | 62 |
| Protein | 1.8 |
| Fiber | 2.2 |