



## November 5- Pumpkin Raisin Bread

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1095679>

### Recipe

Ingredients:

- 1 ½ cup whole-wheat flour
- ½ cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1 cup canned pumpkin
- ½ cup raisins
- ¼ cup non-fat vanilla Greek yogurt
- ¼ cup unsweetened applesauce
- 2 egg whites

Directions:

1. Preheat oven to 350°F.
2. In two separate bowls, mix dry, and then wet ingredients. Then combine, adding wet to dry and stirring gently until the mixture is uniform.
3. Depending if you are making bread or muffins, either spoon the mixture into a non-stick muffin tray or a bread pan.
4. Bake muffins for 25 minutes, or loaf of bread for 75 minutes.

Yields 12 servings

Nutrition Facts	
Serving Size 1 muffin (63.8g)	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 11g	
<b>Protein</b> 3g	<b>7%</b>
Vitamin A 60%	• Vitamin C 0%
Calcium 4%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	