

Pumpkin* Bread

Only 104 calories each if made into 16 muffins.

Can substitute 1 1/2 cup cooked mashed sweet potato for the pumpkin and no one will know the difference!

1/4 cup	non dairy milk	3/4 tsp	ginger
		1/4 tsp	nutmeg
1 tsp	vinegar	1/4 tsp	cloves
1 15-oz can	pumpkin	2 tsp	baking soda
1/2 cup	brown sugar	1/2 tsp	baking powder
1/2 cup	Splenda	1 cup	all purpose flour
2 Tbs	maple syrup	1 cup	wheat flour
1 tsp	vanilla		
2 tsp	cinnamon		



Procedure

- 1 Whisk non dairy milk and lemon juice until bubbly, set aside.
- 2 Mix non-dairy milk, pumpkin, sugars, syrup and vanilla. In another bowl mix all dry ingredients. Add dry to wet and mix just until combined. Pour into a sprayed bread pan and smooth out top.
- 3 Make a tent over the pan with a piece of foil. Bake for 1 hour until toothpick comes out clean.
- 4 If you want pumpkin muffins, make 12-16 muffins and cook uncovered for 20-25 minutes until toothpick comes out clean.

Servings: 12 Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 139 calories, 4 calories from fat, <1g total fat, 0mg cholesterol, 335.9mg sodium, 155.9mg potassium, 34.1g carbohydrates, 2.9g fiber, 16g sugar, 2.9g protein.