



Pumpkin Bread

Makes 1 loaf



Washington Farmers
Market Nutrition Program

Wet Ingredients:

- 1/2 cup oil or melted butter
- 2/3 cup honey
- 1/2 cup molasses
- 2 eggs
- 1 1/2 cups cooked, pureed pumpkin

Dry Ingredients:

- 2 cups whole wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon nutmeg
- 2 teaspoons cinnamon
- 1/4 teaspoon salt

Directions:

1. Mix wet ingredients together in a medium bowl.
2. In another bowl, blend together dry ingredients.
3. Combine all wet and dry ingredients together.
4. Pour into 8" x 8" lightly greased baking pan.
5. Bake at 350° F for 30-40 minutes. Bread is done when knife inserted into center comes out clean.

Adapted from "Uprisings, The Whole Grain Baker's Book",
1990 Cooperative Whole Grain.



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| Nutrition Facts | |
|--|------------------|
| Serving size: (76g) | |
| Servings Per Recipe 8 slices per loaf | |
| Amount Per Serving | |
| Calories 200 | Cal. from Fat 71 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 4% |
| Cholesterol 27mg | 8% |
| Sodium 123mg | 4% |
| Total Carbohydrate 32g | 10% |
| Dietary Fiber 3g | 10% |
| Sugars 18g | |
| Protein 3g | |
| Vitamin A 100% | Vitamin C 2% |
| Calcium 6% | Iron 8% |
| * Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |

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OPTIONS

- Sugar pie pumpkins work best for cooking.
- Sprinkle top with chopped walnuts before baking.
- Substitute yams or sweet potatoes for pumpkin.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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