



Chocolate Chip Pumpkin Bread

Perfect treat for fall and Halloween. Recipe easily doubled.
Makes one loaf (12 slices)

1 cup sugar
1 cup canned pumpkin
1/4 cup canola oil
1/4 cup fat-free vanilla pudding (or try low fat vanilla yogurt)
2 large egg whites (or 1/4 cup egg beaters)
1 1/2 cups all-purpose flour or a mixture of white and whole wheat flour
1 tsp. ground cinnamon
1/2 tsp. salt
1/2 tsp. baking soda
1/4 cup mini chocolate chips (or 1/2 cup regular)
Cooking spray

- Preheat oven to 350°
- Combine first 5 ingredients in a large bowl, stirring well with a whisk. Combine flour, cinnamon, salt, and baking soda in a medium bowl, stirring well with a whisk. Add flour mixture to pumpkin mixture, stirring just until moist. Stir in chocolate chips.
- Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350° for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pan on a wire rack. Remove from pans and cool completely on wire rack.

Recipe Adapted from *Cooking Light*

Nutritional Information (per slice):

Calories: 175	Fat: 5.8g
Saturated fat: 1g	Carbohydrates: 29g
Fiber: 1.4g	Protein: 2.7g