



Pumpkin Bread

Servings: 16

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1 cup pumpkin (half of 15-ounce can or fresh, cooked and mashed)

½ cup sugar

2 tablespoons vegetable oil

½ cup plain low-fat yogurt

¾ cup all-purpose flour

¾ cup whole-wheat flour

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

¼ teaspoon salt

½ cup raisins

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. In large mixing bowl, beat together pumpkin, sugar, oil and yogurt.
4. In a medium bowl, combine the flours, baking powder, soda, cinnamon and salt. Add to pumpkin mixture, stirring until moistened.
5. Stir in raisins and pour into greased 9-by-5-by-3-inch loaf pan.
6. Bake for about 1 hour or until toothpick inserted near the center comes out clean.
7. Cool 10 minutes and then remove from pan. Refrigerate leftovers immediately.



Nutrition Facts

servings per container

Serving size 1 slice (42g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 83mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Don't have whole-wheat flour? You can use all-purpose flour.
- Power up breakfast with this pumpkin bread. Spread a bit of peanut butter on top for a boost of protein.
- Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance