

Common Sense COOKING

Pumpkin Bread

This is a healthy breakfast food that could be made in advance, cut into slices and frozen. You can defrost individual slices for a quick breakfast.

Preheat oven to 350F

The following can be mixed together thoroughly with a fork or sifted. If using a fork, make sure you get rid of all the lumps of brown sugar and baking soda and blend all the ingredients. If sifting, some of the whole-wheat flour may not go through the sifter. You can pour it into the dry ingredients. The sifting helps to thoroughly mix the dry ingredients.

1 ½ cups of whole wheat flour
½ teaspoon salt
1 cup brown sugar (remove lumps with fork)
1 teaspoon baking soda

Mix together thoroughly in a separate bowl:

1 cup canned pumpkin**
½ cup extra virgin olive oil
2 large eggs, beaten
¼ cup water
1 teaspoon cinnamon
½ cup walnut pieces (optional)
½ cup raisins

Gently stir the sifted dry ingredients into the combined liquid. Mix until just combined. A plastic spatula is best. If you mix it too much, the bread will not rise.

Pour into a loaf pan. If it is not Teflon or a Stoneware pan, use olive oil to grease the sides of the pan. Bake 50-60 minutes or until a tester comes out clean. Check it at 50 minutes to make sure that it is not cooking too fast. Cool slightly in the pan and then remove from the pan and cool thoroughly on a wire rack.

Total calories of one serving, 1/8 of the loaf with nuts - 370

Total calories of one serving, 1/8 of the loaf without nuts - 320

** You will have leftover canned pumpkin. You can use it for a vegetable with a meal. Heat it as is or add to chopped red onions that have been sautéed in olive oil.