

Pumpkin Bread

Heart Healthy Recipe of the Month

Source: <http://www.allrecipes.com>

Number of Servings: 12 slices

Serving Size: 1 slice

Ingredients:

1 1/1 1/2 cups all-purpose flour
1 1/4 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1 cup solid pack pumpkin puree
1 cup packed brown sugar
1/2 cup buttermilk
1 egg
2 tablespoons butter, softened

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sift the flour, baking soda, salt, cinnamon and nutmeg into a large bowl. Mix in the pumpkin, brown sugar, buttermilk, egg and butter until well blended. Pour into a 9x5 inch loaf pan and smooth the top.
3. Bake for 1 hour in the preheated oven, or until a toothpick inserted into the center comes out clean.

Nutrition Content:

Calories: 162
Total fat: 2.7g
Cholesterol: 23mg
Sodium: 410 mg
Total fiber: 1.1g
Protein: 2.8g
Carbohydrates: 32.3g