

**222 CALORIES IN | 1 SLICE OF 1
LARGE LOAF**

Protein: 4 g; Carbohydrates: 36 g;
Fat: 8 g; Fiber: 2 g; Sodium: 173
mg; Carb Choices: 2½; Diabetic
Exchange: 1 Starch, 1 Fruit, 2 Fat

222 CALORIES OUT

Women: Walk:
54 minutes; Jog: 25 minutes

Men: Walk:
45 minutes; Jog: 21 minutes

CALORIE CUTS

Skip the walnuts and save 48
calories and 5 grams of fat per
slice. Skip the cranberries and save
23 calories per slice.

PERFECT PUMPKIN BREAD

No mixer needed for these pumpkin loaves. I like to give away small loaves during the holidays for a healthy and delicious gift. One of my recipe testers took this bread to her church for fellowship time and said she overheard people talking about how delicious and amazing it was. That made me very happy. An equal amount of all-purpose flour can be substituted for the whole wheat flour. Also, feel free to add your favorite dried fruit and nuts in place of the ones I call for. For special occasions, I add chocolate chips. To freeze, wrap the cooled loaves in aluminum foil and freeze for up to 1 month. Store leftovers in an airtight container in a cool, dry place for up to 3 days.

**MAKES 2 LARGE LOAVES OR 5 SMALL LOAVES; EACH LARGE LOAF SERVES 12, EACH
SMALL LOAF SERVES 5**

Canola oil cooking spray
2 cups (260 g) unbleached all-purpose flour
1½ cups (195 g) whole wheat flour
2¼ cups (514 g) sugar
2 teaspoons baking soda
½ teaspoon baking powder
½ teaspoon salt
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
½ teaspoon ground ginger
½ cup (125 ml) canola oil
½ cup (125 ml) unsweetened applesauce
2 large eggs plus 2 large egg whites
¾ cup (160 ml) water
One 15-ounce (425 g) can solid-pack pumpkin (not pumpkin pie mix)
1 cup (140 g) dried cranberries or cherries, optional
1 cup (100 g) chopped toasted walnuts, optional

1. Center an oven rack and preheat the oven to 375°F (190°C). Spray two 8½ x 4½ x 2½-inch (21.5 x 11 x 6 cm) or five 5¾ x 3 x 2½-inch (14.5 x 7.5 x 5 cm) loaf pans with cooking spray; set aside.
2. In a large bowl, combine all the dry ingredients and whisk until well blended; set aside.
3. In another large bowl, combine the canola oil, applesauce, eggs, egg whites, and water and whisk to mix. Add to the dry ingredients and mix until combined. Add the pumpkin and the cranberries and walnuts, if using, and mix until well combined.
4. Divide the batter evenly among the prepared loaf pans. Bake for about 70 minutes for large loaves, about 40 minutes for smaller loaves, or until a cake tester inserted in the center comes out clean. If the loaves are browning too quickly on top, cover them loosely with a piece of foil. Let sit for 5 minutes, then remove from the pans and cool completely before slicing.

From *The Calories In, Calories Out Cookbook*
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Perfect Pumpkin Bread