



Pumpkin Bread

Serving Per Container 14 Serving Size 1" slice of a loaf

173 South Grand St Cobleskill, NY 12043 518.234.4303 Fax: 518.234.4305 schoharie@cornell.edu

Schoharie County

Otsego County

123 Lake St Cooperstown, NY 13326 607.547.2536 Fax: 607.547.5180 otsego@cornell.edu

Oneonta Outreach

31 Maple St Oneonta, NY 13820 607.433.2521 Fax: 607.436.9682

cceschoharie-otsego.org

NODEDIENEG		
INGREDIENTS:		
Nonstick cooking spray		
2 cups all-purpose flour		
2 cups whole wheat flour		
½ cup non-fat dry milk		
1 ¼ cup sugar		
1 teaspoon baking soda		
½ teaspoon salt		
2 teaspoons baking powder		
2 ¹ / ₂ teaspoons pumpkin pie spice		
1 (15-ounce) can pumpkin		
³ ⁄ ₄ cup applesauce, unsweetened		
½ cup vegetable/canola oil		
4 eggs		

Nutrition Facts

Serving Size 1" slice of a loaf (126g) Servings Per Container 14

Amount Per Serving

Calories 280	Calories	from Fat 90
		% Daily Value*
Total Fat 10g		15 %
Saturated Fat 1g		5 %
Trans Fat 0g		
Cholesterol 60mg		20 %
Sodium 290mg		12%
Total Carbohydrate 45g		15%
Dietary Fiber 4g		16%
Sugars 17g		
Protein 7g		

INSTRUCTIONS:

 $\frac{1}{2}$ cup water

1. Preheat oven to 350 degrees F.

2. Spray two loaf pans or pans for 30 muffins with nonstick cooking spray.

3. In a large bowl, mix flour, non-fat dry milk, sugar, baking soda, salt, baking powder, and pumpkin pie spice.

4. In a second bowl, beat pumpkin, applesauce, oil, eggs, and water until blended.

5. Add pumpkin mixture to flour mixture and stir with a spoon just until moistened. Do not over mix.

6. Pour batter into 2 loaf pans or muffin tins.

7. Bake loaves for 60-75 minutes, or muffins for 20 minutes, until a toothpick inserted into the middle comes out clean.

8. Cool on a rack and remove from pans after 10 minutes.

9. If not eaten right away, wrap the loaves (or muffins) in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.



Revised June 2022

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.