

Whole Wheat Pumpkin Bread

1 1/2 cups whole wheat flour
1 teaspoon baking powder
2 teaspoons ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon table salt
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1 egg, beaten
3/4 cup packed dark brown sugar or sucanat
3/4 cup low-fat plain yogurt
3/4 cup canned pure pumpkin*
3 tablespoon canola or safflower oil
1 1/2 teaspoons pure vanilla
1/2 cup chopped toasted walnuts or pecans

Preheat oven to 350 degrees. Spray bottom of 8x4-inch loaf pan with cooking spray.

In large bowl, mix flour, baking powder, cinnamon, baking soda, salt, ginger and cloves. Set aside.

In medium bowl mix egg, sugar, yogurt, pumpkin, oil and vanilla until well blended. Add to flour mixture, stirring until just combined. Stir in walnuts. Pour batter into pan.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and cool on wire rack.

Makes 1 loaf (16 slices)

*One large can of ED Smith pumpkin puree will make 4 batches of this bread. I haven't tried freezing it, but I suspect it would freeze well.