



CHOCOLATE CHIP PUMPKIN BREAD

Servings: 16 (1 loaf)
Serving size: 1 slice

Ingredients:

1 cup sugar
1 cup canned pumpkin
¼ cup canola oil
¼ cup fat-free vanilla pudding
2 large egg whites
½ teaspoon vanilla
1 ½ cups all-purpose flour
1 teaspoon ground cinnamon
¾ teaspoon salt
½ teaspoon baking soda
½ cup semisweet chocolate chips
Cooking spray

Instructions:

Preheat oven to 350 F. Combine first five ingredients in a large bowl, stirring well with a whisk.

Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, cinnamon, salt and baking soda in a medium bowl, stir well with a whisk.

Add flour mixture to pumpkin mixture, stir just until moist. Stir in chocolate chips.

Spoon batter into two 8x4 inch loaf pans coated with cooking spray. Bake at 350 F for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean.

Cool 10 minutes in pans on a wire rack. Remove from pans. Cool completely on wire rack.

Nutrition Information:

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|---------------|--------|
| Calories | 152 |
| Fiber | 1.1 g |
| Total fat | 5 g |
| Carbohydrates | 26.5 g |
| Saturated fat | 1.2 g |
| Cholesterol | 0 mg |
| Protein | 2 g |



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