Healthy Recipe of the Month: November 2008

Pumpkin Oat Bread
Fall is in the air, and pumpkins are everywhere! Besides tasting good, pumpkins are a great source of beta-carotene, which your body uses for healthy skin, eyes, and immune system. Fresh pumpkins can be baked like a winter squash, or boiled and the fleshy part used as a vegetable or for desserts. Some pumpkin breads and cookies tend to be heavy on the oils/calories. Jodi modified a recipe and came up with this one. You can adjust the spices as you like, and use whatever type of dried fruits and nuts you have on hand.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: Jodi Charvoz, RDN, Nutrition and Fitness Coach

Pumpkin Oat Bread
Serves: 14 slices
Cook time: 45-50 minutes
Ready in 50-75 minutes

Ingredients
- 1 1/3 cup unbleached flour
- 2/3 cup old fashioned rolled oats
- ¼ cup wheat germ
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp allspice
- ½ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp ginger
- ¼ tsp salt
- 1 large egg
- 1 large egg white
- ½ cup packed brown sugar
- ¼ cup white sugar
- 2 Tbsp. vegetable oil
- 1/3 cup skim milk
- 1 ¼ cup canned or freshly cooked pumpkin
- 1/3 cup dried chopped cranberries, apricots, prunes, currants or raisins
- ¼ cup chopped walnuts or pecans

Directions
1. Preheat oven to 350 degrees.
2. Coat a 9x5" loaf pan with cooking spray.
3. Beat the eggs, sugars and oil together.
4. Add the milk and pumpkin and beat until well mixed.
5. Add the dry ingredients and stir until well mixed; then add the dried fruits and nuts.
6. Pour into loaf pan and sprinkle on the top with 1 tbsp. oats.
7. Bake 45-50 minutes or until toothpick inserted in the middle comes out clean.
8. Cool for 10 minutes in the pan then turn out and cool completely.