

Pumpkin Oat Bran Bread or Muffins

Hands-on - 15 min. Oven - 30-45 min.

3 loaves or 1 loaf & 24 muffins

A super way to eat beta-carotene-loaded pumpkin. This makes a large batch, so freeze the muffins for another busy time, especially breakfast!

Preheat oven to 350°. Coat 3 loaf pans or 1 loaf pan and 24 muffin cups with cooking spray.

2½ cups whole-wheat pastry flour*
2½ cups oat bran (dry, uncooked)
1½ cups sugar
1½ tsp ground cinnamon
1/2 tsp ground cloves
1 T baking soda

Mix together in a large bowl.

Make a well in center of mixture.

4 egg whites
2 cans (15 oz each) pumpkin
1/2 cup unsweetened applesauce

Add to well in dry mixture. Stir just until moistened.

1/2 cup chopped nuts (opt)
1 cup raisins (opt)

Stir in.

Pour batter evenly into pans.

Bake 45 minutes (30–35 minutes for muffins) or until toothpick inserted in center comes out clean.

**To learn more about whole-wheat pastry flour see page 340. You can substitute 1¼ cup whole-wheat flour and 1¼ cups all-purpose flour.*



Nutrition information for 1 slice (1/12 of loaf) or 1 muffin with optional nuts and raisins

Calories	111	Fat	2 g	Fiber	3 g	Sodium	110 mg	Total Carbohydrate	24 g
Calories from Fat	16%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	3 g	Sugars	12 g