

Pumpkin Bread

Provided by Placer / Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet

RECIPE TYPE: Bread

MAKES: 2 large loaves

PREP TIME: 15 minutes BAKE TIME: 1 hour



INGREDIENTS:

- 3 cups whole wheat flour
- 2 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 1½ teaspoons baking powder
- 1 large can (29-oz.) or 2 small cans (15-oz.) pureed pumpkin
- 2/3 cup vegetable oil
- 3 eggs, beaten

DIRECTIONS:

1. Preheat oven to 350°F. Wash hands.
2. Mix all dry ingredients in a large bowl.
3. In a separate bowl mix pumpkin, oil, and eggs. Wash hands after handling raw eggs.
4. Add pumpkin mixture to dry ingredients. Stir gently until well combined.
5. Spray 2 loaf pans well with cooking oil spray. Divide batter evenly into pans.
6. Bake for 1 hour, or until wooden pick inserted in centers comes out clean. Cool in pans for 10 minutes; remove from pans to wire rack and cool completely before slicing.



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