This recipe is a lighter version of pumpkin bread—about half the calories and 25% less sugar than a classic loaf would provide.

PUMPKIN MAPLE LOAF

Cooking spray w/ flour (ex: Baker's Joy)
¾ cup buttermilk
½ cup quick-cooking oats
1 cup canned pureed pumpkin
½ cup dark-colored maple syrup
1/3 cup canola oil
¼ cup dark brown sugar
1 tsp. vanilla extract
2 large eggs
1¼ cups white whole-wheat flour
1 Tbsp. pumpkin pie spice
1 tsp. baking powder
½ tsp. kosher salt
¼ tsp. baking soda

Preheat oven to 350°F. Coat a 9-x5-inch loaf pan with cooking spray. Place buttermilk and oats in a small bowl; stir to combine. Let stand 15 minutes. Whisk together pumpkin, maple syrup, oil, brown sugar, vanilla, and eggs in a large bowl. Stir in oat mixture. Set aside. Whisk together flour, pumpkin pie spice, baking powder, salt, and baking soda in a bowl. Add flour mixture to pumpkin mixture; whisk until just combined. Pour batter into prepared pan. Bake at 350°F until a wooden pick inserted in the center comes out clean, 55 to 65 minutes. Cool in pan on a wire rack 10 minutes. Remove bread from pan; cool completely. Cut into 12 slices.

TIP: For breakfast on the go, divide the batter into 12 muffin cups coated with cooking spray and bake at 375°F for 20-25 minutes. To freeze muffins, let cool completely and place in zip-lock bags. Reheat in microwave for 30 seconds.

NUTRITION INFO: (1 slice or 1 muffin)
Calories: 200
Fat: 9 grams (saturated 1 g., unsaturated 8 g)
Protein: 5 grams
Carbohydrate: 28 grams (fiber 2 g., added sugar 11 g)
Sodium: 146 mg.
Recipe Source: Cooking Light Magazine, Nov. 2018