

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° for 20-25 minutes. To freeze muffins, let cook 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