

# Pumpkin Bread

This flavorful whole grain-rich pumpkin bread is a nutritious and delicious treat perfect for breakfast, lunch or a snack.

## CACFP Crediting Information:

1 piece provides 1 oz eq grains.



**Preparation Time: 15 minutes**

**Cooking Time: 25 minutes**

**Makes: 6 servings**

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## Ingredients

2 oz or ½ cup whole wheat flour  
1 ¾ oz or ½ cup bread flour  
½ tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
½ tsp ground cinnamon  
½ tsp ground nutmeg  
1 tsp ground ginger  
4 oz canned pumpkin  
¼ cup brown sugar  
3 Tbsp or 1 oz vegetable oil  
2 eggs  
½ tsp vanilla extract

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## Directions

- 1 Preheat the oven to 350 °F for conventional or 325 °F for convection.
- 2 Combine flours, baking powder, baking soda, salt, cinnamon, nutmeg and ginger in a mixing bowl. Stir well. Set aside for step 5.
- 3 Combine the pumpkin, brown sugar, and oil in a medium mixing bowl and beat with a hand mixer at medium-high speed for 2 minutes.
- 4 Add eggs and vanilla, and continue beating on medium speed until the eggs are incorporated.
- 5 Add dry ingredients and mix on medium-low speed just until the dry ingredients are incorporated. Do not overmix.
- 6 Pour batter into a small square baking pan (8" x 8") sprayed lightly with a pan release spray.
- 7 Bake until golden brown.  
Conventional oven: 350 °F for 30 minutes  
Convection oven: 325 °F for 25 minutes.
- 8 Remove from oven. Let cool.
- 9 Portion: Cut into 6 pieces and serve 1 piece.

**NUTRITION INFORMATION**

For 1 piece

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>194</b>
<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	1 g
<b>Cholesterol</b>	<b>52 mg</b>
<b>Sodium</b>	<b>182 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin A	3256 IU
Vitamin C	1 mg
Calcium	45 mg
Iron	1 g

N/A=no information available

**Source:**

USDA Standardization Recipe Project - 2024

**NOTES**

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.