

Pumpkin Bread

Enjoy this pumpkin bread recipe this fall and winter! Pumpkin is rich in vitamin A. Vitamin A is a fat-soluble vitamin that is important for our vision, immune system, and development. See recipe modifications below to add more vitamins, minerals, and fiber for a delicious and satisfying pumpkin bread!

Ingredients

Original recipe from the [Food Network](#)

Yields 1 loaf

- Unsalted butter for the pan
- 1 ½ cups sugar (or 1 ripe banana, mashed)
- 1 cup oil
- 2 eggs
- Half a 15 oz can of pumpkin
- 1 ¾ cup all-purpose (or whole wheat flour)
- 1 teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder, nutmeg, all-spice, and cinnamon
- ¼ teaspoon cloves
- 1/3 cup water
- Optional add ins – chocolate chips, pecans, or walnuts

Directions

1. Preheat oven to 350 degrees and butter a 9-by-5-inch loaf pan.
2. Mix sugar (or mashed banana!) and oil in a large bowl until combined. Add and mix egg and pumpkin.
3. In a medium bowl combine flour, salt, baking soda, baking powder, nutmeg, allspice, cinnamon, and cloves. Add the dry ingredients to pumpkin mixture and mix. Add water and mix.
4. Add batter to buttered loaf pan and bake for about 1 hour or until cake tester comes out clean. Let cool.

