

Whole Wheat Pumpkin Bread

Source URL: <https://www.diabetesselfmanagement.com/recipes/sides/whole-wheat-pumpkin-bread/>

Preparation time: 10 minutes. Baking time: 50 minutes.

Ingredients

Nonstick cooking spray
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1/2 teaspoon salt
1 cup Splenda No Calorie Sweetener, Granular
1 teaspoon baking soda
1 cup pumpkin puree
1/2 cup canola oil
1 whole egg
1 egg white
1/3 cup water
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon
1/4 teaspoon allspice

Directions

Preheat oven to 350°F. Spray a 9" x 5" x 3" loaf pan with nonstick cooking spray. In a large mixing bowl, combine all ingredients in the order listed, stirring after each addition. Stir only enough to combine ingredients into a smooth batter. Pour into prepared pan. Bake 45–50 minutes, until a cake tester inserted into the center of the loaf comes out clean.

Yield: 10 servings. Serving size: 1/10th of a loaf.

Nutrition Facts Per Serving:

Calories: 142, Carbohydrates: 10 g, Protein: 3 g, Fat: 10 g, Saturated Fat: 1 g, Cholesterol: 21 mg, Sodium: 292 mg, Fiber: 1 g

Exchanges per serving: 1/2 starch, 2 fat. Carbohydrate choices: 1/2.

