



## Pumpkin Bread

This Pumpkin Bread is moist and flavorful—the perfect answer to a healthy breakfast especially for those who are used to eating high-calorie, negligible-nutrient muffins in the morning. Although the bread has some vegetable (the pumpkin), some fruit (raisins) and olive oil, it does not contain enough of any of them to include in the food count, so count the starch and consider the calories. You can cut the baked loaf into serving-size slices and freeze them individually. The slices will defrost quickly.

### Special Equipment:

One 5 x 9-inch loaf pan, preferably non-stick or unglazed, ceramic stoneware. The stoneware gives the bread a particularly nice crust. If neither is available, brush the sides of the pan with olive oil so the bread will release easily.

### Ingredients:

1 ½ cups whole wheat flour  
½ teaspoon salt  
1 cup brown sugar  
1 teaspoon baking soda  
1 cup canned pumpkin  
½ cup extra virgin olive oil from The Olive Tree collection of Ultra Premium EVOO's  
2 large eggs, beaten  
¼ cup water  
1 teaspoon cinnamon  
½ cup walnut pieces  
½ cup raisins

Preheat the oven to 350°F.

Measure the flour, salt, brown sugar and baking soda into a mixing bowl and stir with a fork to blend the ingredients together thoroughly. Be sure to break up any lumps in the brown sugar. In a separate bowl, stir the remaining ingredients together until thoroughly blended. Gently stir the mixed dry ingredients into the pumpkin mixture just until combined. A plastic spatula works best. Do not over mix or the bread will not rise.

Pour into a loaf pan and bake 50 to 60 minutes or until a toothpick or cake tester inserted into the center comes out clean. Let the bread cool in the pan slightly, five or ten minutes, then turn it out onto a wire rack and cool thoroughly.

Makes 8 slices

Calories: 370