



No Added Sugar Pumpkin Bread

MACROS | SERVING SIZE
Protein 4g | Fat 6g* | Carbs 14g

% CALORIES OF MACROS | SERVING SIZE
Calories 119 | Protein 11% | Fat 45% | Carbs 44%

NUTRIENTS | SERVING SIZE
Fiber 3g | Sodium 161mg | Sat. Fat 2g

INGREDIENTS (MAKES 2 LOAVES/20 SERVINGS)

- 2 1/3 cup whole wheat flour
- 2/3 cup plain oatmeal
- 113-14 oz. can of pumpkin puree
- 2 eggs
- 1 tsp. nutmeg
- 1 tsp. ground ginger spice
- 1 tsp. cinnamon
- 1/4 cup unsalted butter (melted)
- 1/2 cup unsweetened applesauce
- 1 tbsp. baking powder
- 3/4 tsp. baking soda
- 1 tsp. salt
- 1 tbsp. + 1 tsp. of granulated stevia (bulk) or 10 individual packets of stevia powder
- 1 cup chopped walnuts

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, beat two eggs. Add the remaining wet ingredients in the order listed.
3. In another bowl add the dry ingredients and mix well. Make a well in the center of the dry ingredients and add the wet ingredients.
4. Gently mix the batter until the dry ingredients are just wet and the ingredients are just mixed.
5. Lightly coat the sides and bottoms of the loaf pans with cooking spray. Pour half the batter in each pan.
6. Place in the oven and bake for about 1 hour and 10 minutes or until a toothpick inserted in the center comes out clean.
7. Let loaves cool for 15 minutes and then gently hit the bottom of the pans on a hard surface. Invert the pan to release the loaves.
8. Serve warm or, once completely cooled, wrap in foil. The bread will keep for 2-3 days.

For many, when trying to improve the "diet" to manage weight and other health and wellness goals, the first types of foods to go are baked goods and "sweets". These types of foods tend to be higher in calories and have high amounts of added sugars and fats, especially if purchased prepared.

Not all carbohydrates and fats are "bad" and need to be avoided. Frankly no carbohydrate is "bad". For most healthy Americans, keeping the amount of added sugar to less than 50 grams per day, choosing mostly healthy fats while keeping overall fat intake in check, balancing overall calories, and eating a variety of foods to assure nutrient needs are met, are the behaviors for building a balanced eating pattern. This means that all foods fit, even baked goods and sweets. One way to do so is to keep portions in check and only have such indulgences on occasion. Another strategy is to make baked goods and sweets at home and use substitutions to bring the calories, unhealthy fats, total fat, and added sugar lower than the original treats, while also looking at increasing fiber, vitamins, and minerals.

Oftentimes in baking cakes, muffins, and breads (such as banana, pumpkin, etc.), the oil, shortening and/or butter can be halved by substituting fruit puree or even using a healthy fat like mashed avocado with a 1 to 1 ratio of the amount of oil or butter called for in the recipe. Sugar can also be decreased in a recipe by replacing some of it with mashed banana or using a sweetener for baking like stevia. Use this recipe to begin making your favorite baked goods less dense in added sugar, fat, and calories. You may find, it tastes better than the original.

DIETITIAN TIPS

All foods can fit in a healthy eating pattern. There are no "bad" foods. When indulgences and nutrient rich foods are in balance, health and wellness goals can be achieved. Leave room for indulgences to truly have a balance of mind, body, and spirit.