



Loaf - Pumpkin

Makes: 50+ child servings [4 loaves (40 slices)]

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	whole wheat flour	1.5 L
2 cups	sugar (white or brown)	500 mL
4 tsp	baking soda	20 mL
1 tsp	baking powder	5 mL
1 tbsp	cinnamon, ground	15 mL
1 tbsp	ginger, ground	15 mL
2 tsp	nutmeg, ground	10 mL
1 tsp	cloves, ground	5 mL
1 ⅓ cups	vegetable oil	325 mL
1 ⅓ cups	milk	325 mL
8	eggs, beaten	8
4 cups	pumpkin, puréed	1 L
2 tsp	vanilla	10 mL
Optional:	cranberries, fresh or dried dried dates or prunes, chopped	

Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix together flour, sugar, spices, baking soda, and baking powder.
3. In another bowl, mix oil, milk, eggs, pumpkin, and vanilla until smooth.
4. Add dry ingredients to wet ingredients and mix until just combined. Fold in cranberries, dates, or prunes if using.
5. Line four 8 ½ X 4 inch (1.5 L) rectangular loaf pans with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides
6. Divide batter and press into pans with a fork.
7. Bake for 45 – 50 minutes until top is golden.

Note 1: Divide each loaf into 10 equal slices. Extra loaf can be frozen.

Note 2: Nutrition Information is on Page 2.

Nutrition Information
Serving ½ Loaf slice (35 g)
Calories 70
Fat 1 g
Saturated 0 g + Trans 0 g
Sodium 80 mg
Carbohydrates 13 g
Fibre 1 g
Sugars 6 g
Protein 2 g
Calcium 0 mg
Iron 0.5 mg

Food Guide Servings
½ Grain Product