

Pumpkin Date Bread

Preparation time: 15 minutes

Baking time: 55 minutes

Yield: 18 slices

- 1 cup all-purpose flour
- 3/4 cup ground flaxseed
- 1-1/2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon baking powder
- 2/3 cup white sugar
- 1/4 cup skim milk
- 1/2 teaspoon vanilla
- 1/4 cup canola oil
- 1 large egg
- 1 cup pumpkin puree (could also use cooked mashed squash, yams, or sweet potatoes)
- 1/3 cup chopped walnuts or pecans
- 1/3 cup chopped dates

1. Preheat oven to 350 F.
2. In large bowl, mix together flour, flax, spices, salt, sugar, baking soda, and baking powder.
3. In separate bowl, mix together well milk, vanilla, oil, egg, and pumpkin.
4. Mix wet ingredients into dry ingredients until moistened.
5. Fold in dates and chopped nuts.
6. Coat 9 X 5 loaf pan with non-stick spray.
7. Pour batter in pan. Bake for about 55 minutes until dark brown, or until a toothpick inserted in the center comes out clean. Let cool in the pan on a rack for at least 10-15 minutes before unmolding to cool completely on the rack.

Nutrition Information Per Slice

Calories 140	Fat 7 g	Fiber 3 g
Carbohydrates 17 g	Omega-3 Fats 1774 mg	Calcium 33 mg
Protein 3 g	Cholesterol 12 mg	Sodium 150 mg

