

## KODIAK CAKES PUMPKIN BREAD

**Shannon Palmer, master's student**

**Department of Nutrition, Food and Exercise Science**

### *Ingredients*

1 cup Kodiak Cakes Buttermilk Pancake Mix

1.5 tsp baking powder

2 tsp pumpkin spice

2 tsp vanilla

2 Tbsp melted coconut oil or butter

1 very ripe smashed banana

2 eggs

1 cup canned pumpkin

3 Tbsp maple syrup (regular or sugar free)

Preheat oven to 350 degrees.

In one bowl, mix dry ingredients — pancake mix, baking powder in and pumpkin spice. In separate bowl, mix vanilla, coconut oil, banana, eggs, pumpkin and syrup. Combine dry ingredients with wet ones. Pour into loaf pan and bake for 35 minutes.

Nutrition Information (1/6 of recipe)

Calories: 220

Carbohydrates: 25 g

Fat: 7 g

Protein: 9 g