CHOCOLATE CHIP PUMPKIN BREAD

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Starting from scratch with your holiday recipes can be a great idea. For all of you pumpkin lovers out there, below is a great low-calorie recipe that is sure to be a fall family favorite.

(Chocolate Chip Pumpkin Bread adapted from health.com/health/recipe/0,,10000000833355,00.html)

Ingredients:
2 cups sugar
2 cups canned pumpkin
1/2 cup canola oil (substitution option: ¼ cup canola oil + ¼ cup applesauce)
1/2 cup fat-free vanilla pudding (prepared)
4 large egg whites
3 cups all-purpose flour (substitution option: 1 1/2 cups all-purpose flour + 1 1/2 cups whole wheat flour)
2 tsp ground cinnamon
1 1/4 tsp salt
1 tsp baking soda
1 cup semisweet chocolate chips
Cooking spray

Preheat oven to 350 degrees.

Combine first five ingredients in a large bowl, stirring well with a whisk. Lightly spoon flour into measuring cups; level with a knife. Combine flour, cinnamon, salt and baking soda in a medium bowl. Add flour mixture to pumpkin mixture, stirring just until moist. Stir in chocolate chips.

Spoon batter into two (8 x 4-inch) loaf pans coated with cooking spray. Bake at 350° for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pans on a wire rack, and remove from pans. Cool completely.

152 calories per slice