

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: 1/4 cup canola oil + 1/4 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