

Pumpkin Bread

Makes 10 thick slices

Ingredients:

1 cup	<i>Country Sunrise Baking Flour Mix*</i>
¼ cup	<i>Country Sunrise Scrambled Eggs & Omelet Mix*</i>
1 cup	Sugar
1 tsp	Baking Powder
1½ tsp	Baking Soda
½ tsp	Salt
1 tsp	Cinnamon
¼ tsp	Cloves
¼ tsp	Allspice
¼ tsp	Ginger
¾ cup (170g)	Pumpkin
1/3 cup	Oil
¾ cup	Water



Preparation:

1. Use cooking spray to prepare loaf pan.
2. Preheat oven to 350°F.
3. In medium bowl mix dry ingredients.
4. In a separate bowl mix pumpkin, oil and water.
5. Add pumpkin mixture to dry ingredients and mix until smooth.
6. Pour batter into prepared loaf pan.
7. Bake 50 min or until done.
8. Cool, cut into 10 slices.

Nutritional Information

Serving size	Phenylalanine, mg
Per Recipe	106
Per Slice	10

* PKU Perspectives