

# Pumpkin Spice Bread



2 c unbleached flour  
1 c brown sugar, packed  
1 tbsp baking powder  
2 tsps cinnamon  
1/2 tsp nutmeg  
1/4 tsp baking soda  
1/4 tsp ginger  
1/4 tsp cloves  
1 15 oz canned pumpkin  
1/2 c skim milk  
2 egg whites, whipped  
1/3 c fat-free sour cream

1. Preheat oven to 350 .
2. Prepare a bundt pan with cooking spray, set aside.
3. Com bine flour, brown sugar, baking powder, baking soda, cinnam on, nutm eg, ginger and cloves in a large mixing bowl.
4. In a medium mixing bowl, com bine pum pkin, skim milk, egg whites and sour cream.
5. Spoon the pum pkin mixture into the flour mixture and mix just until moistened.
6. Pour batter into prepared pan. Bake 60 minutes.

18 servings;  
112 Cal,  
less than one gram Fat,  
3g Pro,  
28g Carb,  
1mg Chol,  
116mg Sod

Note: The following pans may be used in place of the bundt: 4 mini loaf pans, 12 muffin pans, 1-9 x 5" loaf pan, 1-9 x 13" baking pan, or 2-8 x 8" baking pans.