

**Pumpkin Gingerbread**  
[www.recipes.sparkpeople.com](http://www.recipes.sparkpeople.com)  
Serves 8



2 egg	2 tsp baking powder
5 Tbsp oil	2 cup flour
1/2 cup molasses	1/2 tsp baking soda
1/2 cup brown sugar	1 tsp cinnamon
4 Tbsp 1% milk	1 tsp ginger
2/3 cup pumpkin puree	

Directions: Preheat oven to 350°F. Grease or spray a loaf pan. In a medium bowl, beat egg and oil. Add milk, brown sugar, molasses, and pumpkin, and beat to combine. Sift flour, baking powder, baking soda, cinnamon and ginger, and add to wet ingredients. Beat until smooth. Pour into prepared pan. Bake for 40-45 minutes, or until a tester comes out clean.

Nutrition Facts per serving: Calories 167, Fat 5 gm, Sodium 141 mg, Carbohydrate 28 gm, Fiber 1 gm, Protein 3 gm

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