

PUMPKIN CORNBREAD

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 (2x2 inch) piece)

Nutrition (per serving)

Calories: 163

Total Carbohydrate: 24

Total Fat: 5 g

Dietary Fiber: 2 g

Saturated Fat: 0 g

Protein: 3 g

Sodium: 136 mg

Ingredients

- ½ cup whole wheat flour
- ½ cup white flour
- 1 Tablespoon baking powder
- ¾ teaspoon pumpkin pie spice
- 6 Tablespoons brown sugar
- 1 cup cornmeal
- 2 eggs
- 1 cup canned 100% pure pumpkin
- ¼ cup canola oil
- 1 Tablespoon molasses

Pumpkin Cornbread

Directions

1. Preheat oven to 400 degrees. Spray 8x8 inch baking pan with cooking spray. Set aside.
2. In a medium bowl, whisk together flour, baking powder, pumpkin pie spice, brown sugar, and cornmeal; set aside.
3. In a separate bowl, lightly beat eggs and then stir in the pumpkin, oil, and molasses until combined.
4. Add the pumpkin mixture to the dry ingredients and fold until just combined. Pour the batter into the pan (smooth the top, if needed).
5. Bake 25-30 minutes or until toothpick inserted in the center comes out clean. Enjoy cornbread with a drizzle of honey or maple syrup!