



## Pumpkin Apricot Bread

Makes 2 loaves or 6-8 mini loaves

### Ingredients:

1½ cup whole wheat (WW) flour	½ cup white sugar or
1 cup all-purpose (AP) white flour	brown sugar (packed); or ¼ cup each
½ cup corn meal	2 eggs (or 4 Tbsp. egg mix + ½ cup water)
1 Tbsp. cinnamon	¼ cup oil
1 teas. dry ground ginger	14.5 oz. can apricots
1 teas. nutmeg	(puree including juice from can)
1 teas. cloves	15 oz. can pumpkin puree
½ teas. salt (optional)	(not pumpkin pie mix)
3 teas. baking soda	pan spray
1 cup chopped dried fruit & nut mix, (optional)	

**Directions:** Combine WW flour, AP flour, cornmeal, cinnamon, ginger, nutmeg, cloves, salt, baking soda, and chopped fruit & nut mix into a large mixing bowl; stir well. In another smaller mixing bowl, cream together sugar, eggs, oil, pureed apricots, and pumpkin. Add the wet ingredients to the dry ingredients; mix gently, do not beat. Batter will be thick.

Spray 2 bread pans with pan spray. Evenly divide batter between the pans (about ¾ cup per pan). Bake in a 350° preheated oven for 45 – 50 minutes, until knife inserted into center of the bread comes out clean. When cool, slice each loaf into 12 slices. You can save one for later by freezing it in a tightly sealed plastic bag (use within 1-2 months). For 6-8 mini loaves, bake for 30 – 35 minutes.

For muffins, use about 1/3 cup scoop of dough for each muffin; divide evenly. Bake in a 375° preheated oven for 20 – 25 minutes, until knife inserted into center of muffin comes out clean. Makes 2 dozen

For pumpkin bars, spray a 9 X 13 pan with pan spray. Spread the batter evenly in the pan. Bake in a 350 ° preheated oven for 25 – 30 minutes, until knife inserted into center of bars comes out clean. Cut into 24 servings. If adding icing, pumpkin bars should cool first. Cut into bars after spreading on the icing.

**Substitutions:** You may use 1½ cup of all-purpose flour and eliminate the corn meal. 2 Tbsp. pumpkin pie spice may replace the cinnamon, ginger, nutmeg, and cloves. If cutting the recipe in half, one half of a 15 oz. can is about 7/8 cup. You may replace the apricots with 3, 4oz. containers of unsweetened applesauce + ¼ cup of apple juice or water, or you may puree canned peaches or pears.

**Nutrition:** This recipe provides whole grains and fruit has less calories, fat, and sodium than the traditional quick bread recipe. To reduce the fat further, replace the oil with ¼ cup of applesauce. To reduce the sodium further, eliminate the salt. Pumpkin has lots of potassium, fiber, and beta carotene (a form of vitamin A).

