

## Pecan Topped Pumpkin Bread

### Ingredients

- 3 1/3 cups all-purpose flour (about 15 ounces)
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 2 cups granulated sugar
- 1/2 cup egg substitute
- 1/2 cup canola oil
- 1/2 cup low-fat buttermilk
- 2 large eggs
- 2/3 cup water
- 1 (15-ounce) can pumpkin
- Cooking spray
- 1/3 cup chopped pecans



### Preparation

1. Preheat oven to 180°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through allspice) in a bowl.
3. Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl; beat with a mixer at high speed until well blended. Add 2/3 cup water and pumpkin, beating at low speed until blended. Add flour mixture to pumpkin mixture, beating at low speed just until combined. Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Sprinkle pecans evenly over batter. Bake at 180° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

#### Note:

This recipe makes two loaves. Freeze the extra bread, tightly wrapped in plastic wrap, for up to one month. Omit the nuts or substitute chopped walnuts, if you prefer. Check the bread after 50 minutes of baking--you may need to cover the loaves with aluminum foil for the last 10 minutes to prevent overbrowning.

## Banana Bread

### Ingredients

- 2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 1/4 cup butter, softened
- 2 large eggs
- 1 1/2 cups mashed ripe banana (about 3 bananas)
- 1/3 cup plain low-fat yogurt
- 1 teaspoon vanilla extract
- Cooking spray



### Preparation

1. Preheat oven to 180°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking soda, and salt, stirring with a whisk.
3. Place sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana, yogurt, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray. Bake at 180° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.