

# Pumpkin Dessert Loaf

(makes one loaf)

*This is a no-fat recipe*



Preheat oven to 350F/175C

1 2/3 cups/ 400ml flour  
1/3 cup/ 80ml sugar  
1/3 cup/ 80ml brown sugar  
1 tsp/ 5ml baking soda  
2 tsp/10ml cinnamon  
3/4 tsp/ 3ml salt  
1/2 tsp/ 2.5 ml baking powder  
2 large eggs, beaten  
1 can (15 oz/398 ml) pumpkin  
1/2 cup/ 120 ml unsweetened apple sauce  
1/2 cup/ 120 ml chopped walnuts

Line a 9 X 5" (20 cm x 10 cm) loaf pan with parchment paper, or grease and flour it

Combine dry ingredients. In separate bowl, combine eggs, pumpkin and applesauce.

Stir wet into dry just until combined, then fold in walnuts.

Pour into prepared pan and bake for 1 - 1 1/4 hours. Test with toothpick until it comes out dry. Cool in pan for 10 minutes, then move to rack. Keeps well in refrigerator, or freeze slices for another time.