

Pumkin Layer Loaf

Serves 16



Ingredients

- 1 cup of pumpkin
- 1 cup of granulated sugar, divided
- 2 tbsp of granulated sugar, divided
- ½ cup of brown sugar
- 4 egg white - divided
- ½ cup of skim milk
- ¼ cup of canola oil
- 2 cups of flour
- 2 ½ tsp of baking powder
- 2 tsp of pumpkin pie spice
- ¼ tsp of salt
- 250g of cream cheese - softened

Directions

- ☞ Preheat oven to 350°
- ☞ Grease a nonstick 9x5-inch loaf pan; set aside.
- ☞ Mix pumpkin, 1 cup granulated sugar, all brown sugar, 3 of 4 egg whites, milk and oil in large bowl.
- ☞ Add flour, baking powder, pie spice and salt; stir just until moistened. Set aside.
- ☞ Beat cream cheese spread, remaining 2 Tbsp granulated sugar and the remaining egg white with wire whisk until well blended.
- ☞ Spoon half of the pumpkin batter into prepared pan; spoon cream cheese mixture evenly over the batter. Cover ..with remaining pumpkin batter.
- ☞ Bake 1 hour & 5 min. or until wooden toothpick inserted in centre comes out clean. Run knife or thin spatula ..around edges of pan to loosen bread.
- ☞ Cool in pan on wire rack 10 min. Remove bread from pan to wire rack; cool completely.
- ☞ Wrap cooled bread in foil or plastic wrap. Store in refrigerator up to 4 days.



Nutrients (approximately)

245 Calories per serving,
Fat 9.8g, Saturated Fat 3.9g, Cholesterol 68mg, Sodium 65.1mg,
Carbohydrates 35.1g, Fiber 0.6g, Sugars 22.1g, Protein 4.7g

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