

Recipe of the Day

Pumpkin-Date Corn Bread

Try not to eat more than just one slice of this when it's still warm from the oven. It's hard not too! My excuse is that I have to taste test every recipe before putting it in the newsletter. This is really quick to make... less than ten minutes hands on, and 50 minutes on the oven.

- 2 cups whole wheat pastry flour**
- 1 cup of cornmeal**
- ¼ cup brown sugar**
- 2 tsp no aluminum baking powder**
- 2 tsp baking soda**
- 1 tsp ground cinnamon**
- ½ tsp salt**
- 4 tsp dry egg replacer**
- 1 cup of chopped and pitted dates**
- 1 cup canned pumpkin**
- ¼ cup soy milk**
- 1-300 gm package soft tofu**
- ¼ cup organic canola oil**

Heat oven to 350° F.

Lightly coat a 5 by 9 inch loaf pan with olive oil cooking spray.

Combine the flour, cornmeal, sugar, baking powder, baking soda, cinnamon, egg replacer and salt in a large bowl. Stir in the dates, then the pumpkin, milk, tofu, and oil until well blended. Pour into pan. Bake 50 minutes or until a toothpick inserted in the center of the loaf comes out clean. Turn onto a wire rack.

NutritionFacts

per serving
makes 16 servings

Amount per serving

Calories 189

Calories from fat 47

% Daily Value *

Total Fat 5.3g 8%

Saturated Fat 0.4g 2%

Cholesterol 0mg 0%

Sodium 285mg 12%

Total Carbohydrate 30.4g 10%

Dietary Fiber 4g 16%

Protein 5g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

24.9% of calories from Fat
64.5% from Carbohydrates
10.6% from Protein