
Delicious Pumpkin Bread

Sally Shannon

Nettles Island Cooking in Paradise - 2014

3 cups sugar
1 cup salad oil
3 eggs, unbeaten
2 cups canned pumpkin
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon allspice
3 cups flour
1 1/2 teaspoons salt
1/2 teaspoon baking powder
2 teaspoons baking soda
1/3 cup water
3/4 cup chopped nuts
chocolate chips (optional)

In a bowl, mix the oil and sugar. Add the eggs and pumpkin.

In a bowl, combine the flour, salt, baking powder, baking soda and the spices. Add the dry ingredients to the pumpkin mixture alternately with the water. Add the chopped nuts. Add the chocolate chips, if using.

Pour the batter into two greased large loaf pans (or five to six small pans).

Bake in the oven at 350 degrees for 60 to 70 minutes (large pans) or 40 to 50 minutes (small pans).

Yield: 2 large or 5-6 small loaves

Breads, Muffins

Per Serving (excluding unknown items): 6692 Calories; 299g Fat (39.4% calories from fat); 81g Protein; 955g Carbohydrate; 38g Dietary Fiber; 636mg Cholesterol; 6228mg Sodium. Exchanges: 20 1/2 Grain(Starch); 4 1/2 Lean Meat; 8 Vegetable; 56 Fat; 40 Other Carbohydrates.