

## Bread

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# Pumpkin Walnut Bread

**3 1/4 cups flour**  
**3/4 cup quick cooking oats**  
**2 teaspoons baking soda**  
**1 1/2 teaspoons pumpkin pie spice**  
**1/2 teaspoon baking powder**  
**1/2 teaspoon salt**  
**3 eggs**  
**1 3/4 cups (15 oz) pumpkin**  
**1 1/2 cups sugar**  
**1 1/2 cups light brown sugar**  
**1/2 cup water**  
**1/2 cup canola oil**  
**1/2 cup evaporated skim milk**  
**1 cup chopped walnuts**

In a bowl, mix flour, oats, baking soda, pumpkin pie spice, baking powder and salt.

Place all remaining ingredients in a second bowl and mix.

Pour contents of second bowl into first bowl and mix well.

Spray two large or six mini-loaf pans with cooking spray. Pour mixture into loaf pans.

Bake at 350 degrees. For two large pans, bake for 65-70 minutes or until a knife comes out clean. For six mini-pans, bake for 40-45 minutes. Do not cover.

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Per Serving (excluding unknown items): 5798 Calories; 203g Fat (30.9% calories from fat); 113g Protein; 909g Carbohydrate; 26g Dietary Fiber; 641mg Cholesterol; 4291mg Sodium. Exchanges: 25 Grain(Starch); 6 1/2 Lean Meat; 1 Non-Fat Milk; 36 Fat; 34 Other Carbohydrates.