

Low-Point Pumpkin-Oat Bread

Ingredients:

1/2 cup butter, softened
1 1/2 cups light brown sugar
3 large eggs
2 cups canned pumpkin
1/4 tsp. salt
1/2 Tbs. Pumpkin spice
1/4 tsp. Allspice
1/4 tsp. cinnamon
1 1/2 cups flour
1 1/2 cups Quaker Oats
2 1/2 tsp. baking soda
24 pieces of walnut halves (optional)

Preheat oven to 350 degrees. Coat 10 x 15-inch (or 13 x 9-inch) baking dish with Pam cooking spray. Using an electric mixer, cream butter and sugar. Add eggs and pumpkin; mix well. Add salt, Pumpkin spice, Allspice, cinnamon, flour, oats, and baking soda. Mix thoroughly. Pour batter into prepared baking dish and place walnut halves on top (if desired) so there will be 1 walnut in the center of each piece of cake. Bake for 30 to 35 minutes or until a toothpick inserted into the center of the bread comes out clean.

Total servings = 24

Serving size = 1

Total points per serving = 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)