

Healthy Pumpkin Oat Bread

1 ½ cups flour

½ cup Quick-cooking Rolled Oats

1 cups splenda for baking

1 tsp. baking soda

1 tsp. cinnamon

½ tsp. nutmeg

½ cup unsweetened applesauce

½ cup egg substitute

Serves 12

Directions:

Pre-heat oven to 325 degrees. Spray a medium sized bread pan with cooking spray. In a large bowl, combine dry ingredients (flour through nutmeg). Add applesauce and egg substitute. Mix well. Pour into bread pan and bake for 40 minutes or until a toothpick comes out clean.

Taylor Morris
Shelby County
Intermediate