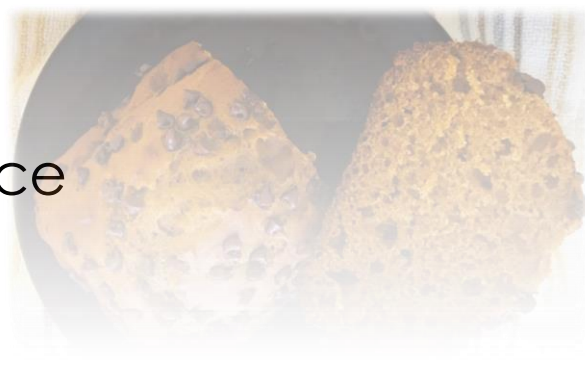


CHOCOLATE CHIP PUMPKIN BREAD

95 cal – 18 C, 1 F, 3.5 P

Ingredients

- 2 medium eggs
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/4th tsp ground ginger
- 1/4th tsp ground nutmeg
- 1/4th tsp pumpkin pie spice
- 1 tsp baking soda
- 1/4th tsp lite salt
- 120 grams (1/2 cup) canned pumpkin
- 55 grams (about 1/4th cup) nonfat Greek Yogurt (Fage)
- 36 grams (3 tbs) granulated sugar*
- 4.5 grams (3 tbs) stevia in the raw
- 150 grams (1 1/4th cup) All Purpose Flour**
- 14 grams mini chocolate chips



Instruction

- 1) Preheat oven to 350°
- 2) In a large mixing bowl, beat the eggs until the yolks completely break apart.
- 3) Add the pumpkin, yogurt, sugar, stevia, vanilla, spices, baking soda, and salt and whisk until the batter is completely smooth.
- 4) Slowly incorporate the flour using a large mixing spoon until there are no clumps.
- 5) **Optional step (and not included in macros):* Stir in additional chocolate chips here. Otherwise, they will just be used for the top and can be enjoyed with cream cheese frosting or some yogurt butter!
- 6) Spray a loaf pan with nonstick cooking spray and pour your batter in evenly. **Note:* The dough will be very sticky, so make sure you use a spatula to flatten it evenly ensure even baking!
- 7) Sprinkle the chocolate chips over the loaf
- 8) Bake in the oven for 40 minutes and allow it to cool for 15 minutes before removing it from the pan. Or, go straight savage and eat it from the loaf pan. Either way works great.

Nutrition Facts – Chocolate Chip Pumpkin Bread

Servings: 1/10th of the loaf

Per Serving

Calories 95

Total Fat 1.2g

Saturated Fat 0.6g

Trans Fat 0g

Cholesterol 33mg

Sodium 154mg

Potassium 69mg

Total Carb 17.8g

Dietary Fiber 0.7g

Sugars 5g

Protein 3.5g

Vitamin A 29%

Calcium 1.2%

Vitamin C 0%

Iron 5.6%

Substitutions:

*You could swap the sugar for coconut sugar or brown sugar

**You could swap the flour for half wheat/half white or even try GF flour

