



Chocolate Chip Pumpkin Bread



1/8 of recipe: 134 calories, 3.5g total fat (1.5g sat. fat), 212mg sodium, 26.5g carbs, 3.5g fiber, 5g sugars, 5g protein

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Prep: 10 minutes **Cook:** 55 minutes



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Ingredients

- 2 cups old-fashioned oats
- 1 1/4 cups unsweetened vanilla almond milk
- 2/3 cup canned pure pumpkin
- 1/2 cup (about 4 large) egg whites or liquid egg substitute
- 1/4 cup no-calorie sweetener that measures like sugar
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 1/2 tsp. pumpkin pie spice
- 1/8 tsp. salt
- 1/4 cup mini semisweet chocolate chips

Directions

Preheat oven to 350°F. Spray a 9" X 5" loaf pan with nonstick spray.

Place oats in a blender, and pulse to the consistency of coarse flour. Add all remaining ingredients except chocolate chips. Blend at high speed until smooth and uniform, stopping and stirring if needed.

Fold in chocolate chips. Transfer batter to the loaf pan, and smooth out the top. Bake until a toothpick inserted into the center comes out clean, 50-55 minutes.

MAKES 8 SERVINGS

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