

# The nights are fair drawing in.

It's that time of year when the daylight hours are getting shorter, the wind is getting chilly and the leaves on the trees are beginning to turn their Autumn shades. Gone are the thoughts of crisp summer salads and ice cream sundaes to be replaced with soups and hearty meals.

It's this time when we start thinking of the holidays associated with the dark, cold nights of winter and the food that goes with them. For today I'm thinking about Halloween and pumpkin and specifically one of my favourites, Pumpkin Bread.

Now Pumpkin bread can be quite high in calories, and I have been doing rather well recently at reducing my figure. So the pumpkin bread I have been making has been a reduced fat and calorie version, but with all that lovely, warming spice, you wouldn't notice.

## **Pumpkin And Halloween**

If you are reading this blog from the States, then you probably recognise pumpkins as the Jack O' Lanterns seen outside houses on Halloween, however when the Jack O' Lanterns were originally brought from Scotland and Ireland to the States, they were not made of pumpkin – rather a hollowed out turnip. Have a read at [the story](#) that brought the tradition of Jack O'Lanterns.

## **Ribbon Pumpkin Bread**

OK so lets have a look at making Ribbon Pumpkin Bread... (for those outside the States – you will have to convert the measures as they are in American cups, a bit finicky, but worth it).



### **Batter:**

1 cup pumpkin  
1/2 cup unsweetened applesauce  
1 egg  
1 egg white  
1 tbsp oil  
1-2/3 cups plain flour  
1-1/4 cups sugar  
1 tsp baking soda  
1/2 tsp ground cinnamon  
1/2 tsp ground cloves

### **Filling:**

6 oz. reduced fat cream cheese  
1/4 cup sugar  
1 tbsp plain flour  
2 egg whites

If you are using fresh pumpkin, cut this and boil it until soft – drain and then puree. The cup measure is of pureed pumpkin.

1. For filling, combine the cream cheese, sugar, flour, and egg whites in a bowl; set aside. In a mixing bowl, beat the pumpkin, applesauce, egg, egg whites, and oil. Combine the

flour, sugar, baking soda, salt, cinnamon, and cloves.

2. Divide half of the batter between two 8-in. x 4-in. x 2-in. loaf pans coated with cooking spray. Spread each with filling; top with remaining batter.

3. Bake at 350° for 40-45 minutes or until a toothpick inserted near the centre comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. Refrigerate leftovers.

**Keep checking back as I'll be doing some more winter recipes soon.**