



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Pumpkin Brownies

Ingredients

- 1 cup pumpkin puree, canned or cooked
- 1 cup brown sugar, firmly packed
- ½ tsp salt
- 2 tsp cinnamon
- 1 tsp nutmeg
- ¼ cup vegetable oil
- 1 egg
- 1 egg white
- ½ cup walnuts, finely chopped
- 1 ¼ cup whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground ginger
- ¼ cup buttermilk
- 2 tsp vanilla extract

Directions

1. Preheat oven to 375°.
2. Coat a 9 x 13 baking pan with cooking spray.
3. Combine all ingredients and beat well.
4. Pour into pan.
5. Bake for 30 – 40 minutes or until a wooden toothpick inserted in middle comes out clean (ovens may vary, check at 20 minutes).
6. Cool and cut into squares.

Nutrition Information Makes 24 brownies

Per brownie:

Calories: 100
Fat: 4.5g
Carbohydrate: 15g
Protein: 2g
Fiber: 1g
Sodium: 80mg



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Eat Smart