

Spicy Pumpkin Bread

3 ½ cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground allspice
1teaspoon ground cinnamon
1 teaspoon ground nutmeg
¾ teaspoon salt
½ teaspoon baking soda
½ teaspoon ground cloves
1 1/3 cups packed brown sugar
¾ cup fat-free milk
1/3 cup vegetable oil
2teaspoons vanilla extract
2large eggs
1(15-oz.) can pumpkin or 1 (29 oz. can if you double the recipe)
Cooking spray
1/3 cup chopped walnuts

1. Preheat oven to 350°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 7 ingredients (flour through cloves) in a large bowl; make a well in center of mixture. Combine sugar and the next 5 ingredients (sugar through pumpkin) in a bowl, and stir well with a whisk until smooth. Add to flour mixture, stirring just until moist.
3. Spoon batter into 2 (8 x 4-inch) loaf pans. *I also used some of the aluminum mini-pans and it seemed to cook better in those*) coated with cooking spray, and sprinkle with walnuts. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool loaves completely; cut each loaf into 12 slices. Yield: 24 slices (serving size: 1 slice).