

Spiced Pumpkin Bread

From a sweet beginning to a healthier ending, this card has two truly special recipes, lovingly provided by those who care about your good health.

Ingredients List:

1 cup sifted cake flour	¼ teaspoon ground cloves
1 teaspoon baking powder	1 cup canned pumpkin
¼ teaspoon baking soda	¼ cup unsweetened applesauce
¼ teaspoon salt	3 tablespoons vegetable oil
½ cup firmly packed brown sugar	1 egg, lightly beaten
1 teaspoon ground cinnamon	1 teaspoon vanilla extract
¼ teaspoon ground ginger	Cooking spray

Combine first 8 ingredients in a medium bowl; make a well in center of mixture. Combine pumpkin and next 4 ingredients; add to flour mixture, stirring just until dry ingredients are moistened. Spoon batter into a 9 x 5 x 3 inch loaf pan coated with cooking spray. Bake at 350° for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool in a pan on a wire rack for 10 minutes; remove from pan, and let cool completely on wire rack.

Makes 18 servings



*Dessert to Warm
the Heart*

Nutrition info per serving:

103 calories, 1g fiber, 3g fat (sat .6g),
25mg cholesterol, 1.9g protein, 115mg
sodium, 17.2g carbohydrates

Early Detection Saves Lives

Share the message. Get your annual mammogram and tell someone you love to get theirs.

1. Schedule your mammogram at a facility that specializes in mammography.
2. Compression is necessary to obtain good images of the breast. If you are concerned about discomfort, ask for **MammoPad**® for a softer, warmer and more comfortable mammogram. To learn more, visit www.mammopad.com.
3. The average mammogram only takes about 20 minutes. This small investment of time could have life saving results.
4. Be an educated patient. Ask for a digital mammogram, it is the latest technology available in the fight against breast cancer.

For more tips on improving your mammogram experience, visit www.cancer.org.



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