

BREAKFAST

Pumpkin-Cranberry Bread

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
86 min	26 min	60 min	14	\$0.29	160 kcal

Pumpkin-Cranberry Bread takes about 1 hour and 26 minutes from beginning to end. One serving contains 212 calories, 3g of protein, and 4g of fat. This recipe serves 14. For 29 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. This recipe is liked by 1 food...

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup canned pumpkin
- ☐ 1 large egg
- ☐ 12/3 cups all-purpose flour
- ☐ ¼ teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ ¾ cup packed light brown sugar
- ☐ ¼ teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 4 teaspoons chilled butter, cut into small pieces
- ☐ 1/3 cup dried cranberries
- ☐ 1/3 cup fat-free milk
- ☐ 2 tablespoons all-purpose flour
- ☐ ¼ teaspoon ground cinnamon
- ☐ ½ teaspoon ground nutmeg
- ☐ 2 tablespoons light brown sugar
- ☐ 1 teaspoon vanilla extract

EQUIPMENT Bowl, Frying pan, Oven, Knife, Wire rack, Blender, Loaf pan, Measuring cup

Method

- 1 Preheat oven to 35

- 2 Lightly spoon flour into dry measuring cups; level with a knife.
- 3 Combine flour and next 5 ingredients in a bowl.
- 4 Combine pumpkin, 3/4 cup brown sugar, milk, oil, and egg in a bowl; beat with a mixer at medium speed until blended. Stir in vanilla.
- 5 Add flour mixture, stirring just until moist. Fold in cranberries.
- 6 Pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- 7 Combine 2 tablespoons brown sugar, 2 tablespoons flour, and 1/4 teaspoon cinnamon in a small bowl.
- 8 Cut in 4 teaspoons butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- 9 Sprinkle evenly over batter.
- 10 Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove loaf from pan, and cool completely on wire rack.

Nutrition per serving

160	3 g	4 g	30 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.2 g · 8% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			16.2 g · 18% of daily needs
Sodium			142 mg · 6% of daily needs
Cholesterol			16.5 mg · 6% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pumpkin-cranberry-bread-147678