Whole Grain Gingerbread

This whole grain sweet bread is a healthy holiday treat with a zesty pop of color.

Serves 9

Ingredients

- 1¼ cups whole wheat pastry flour
- 1½ teaspoon ground ginger
- 1 teaspoon cinnamon
- ½ teaspoon allspice
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup sugar
- ½ cup low-fat plain yogurt
- ¼ cup canola oil
- ½ cup molasses
- 1 egg, lightly beaten
- 1 cup vanilla Greek yogurt

Directions

1. Preheat oven to 350 degrees. Coat an 8x8 baking pan with cooking spray.
2. Combine flour, ginger, cinnamon, allspice, salt and baking soda in a small bowl.
3. In a large bowl, stir together sugar, yogurt, oil, molasses and egg. Add flour mixture to wet ingredients and stir well.
4. Pour into baking pan and bake for about 25 minutes, until bread springs back when tapped in the middle.
5. Cut into squares and serve with a dollop of vanilla Greek yogurt on top.

Nutrition Facts

Serving Size 1 Piece
Servings Per Recipe 9

Amount Per Serving

Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 160mg	**7%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 2g	**8%**
Sugars 26g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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