**Oatmeal Pumpkin Spice Bread**  Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ingredients:

1 Cup pureed pumpkin

2 eggs

½ cup oil

⅓ cup water

Dry ingredients:

1 ⅓ cups whole wheat flour

⅔ cup oats

¾ cup sugar

½ tsp. baking soda

1 tsp. baking powder

1 tsp. cinnamon

½ tsp. nutmeg

⅛ tsp. ground cloves

¼ tsp. salt

Directions:

1. Preheat the oven to 350 degrees
2. Lightly apply cooking spray to 3 or 4 mini loaf pans
3. Place the pumpkin, eggs, oil and water in a medium mixing bowl. Blend together using a hand mixer or wire whisk until creamy.
4. Mix the flour, oats, sugar, baking soda, baking powder, and spices in a smaller mixing bowl.
5. Add the dry ingredients into the wet, and using a spoon, mix thoroughly until smooth.
6. Fold in ¼ cup of chocolate chips. (optional)
7. Divide batter into 3 or 4 prepared mini loaf pans.
8. Bake at 350 for 30 -35 minutes
9. Cool for 10 minutes, then remove from pans.

**Carbohydrates Review**

1. Give an example of a simple carbohydrate.
2. Give an example of a complex carbohydrate.
3. Complete the chart with the correct information relating to the different types of sugars.

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| **Food Source** | **Sugar (ends in “ose)** |
| Fruit |  |
| Grains |  |
| Table sugar, cane sugar |  |
| Milk |  |