

# The BEST Healthy Greek Yogurt Pumpkin Bread

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-pumpkin-bread-recipe-with-greek-yogurt>

## Ingredients:

- 1 cup pumpkin NOT pumpkin pie filling and NOT the entire can
- 1/2 cup vanilla Greek yogurt or pumpkin Greek yogurt if you can find it
- 1 large egg organic recommended for flavor
- 1 teaspoon vanilla extract
- 1/3 cup coconut oil melted
- 3/4 cup brown sugar lightly packed
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon nutmeg
- 1 cup flour \* white or white-whole wheat
- 1/2 cup oat flour blended oats
- 1/2 cup dark chocolate chips or chopped nuts optional

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 55 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 9 grams
7. SaturatedFat: 20 grams
8. Sodium: 500 milligrams
9. Sugar: 37 grams

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