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# Golden Pumpkin Walnut Loaf

*Deb Dick*

*Nettles Island Cooking in Paradise - 2014*

**1 1/4 cups all-purpose flour**  
**1/2 cup yellow cornmeal**  
**1 1/2 teaspoons baking powder**  
**1 teaspoon ground ginger**  
**1/2 teaspoon salt**  
**1/4 teaspoon baking soda**  
**1/4 teaspoon ground cardamom**  
**1/4 teaspoon ground mace**  
**3/4 cup packed dark brown sugar**  
**1/2 cup granulated sugar**  
**2 large eggs, lightly brown**  
**1 cup canned pumpkin**  
**3 tablespoons canola oil**  
**1 1/2 teaspoons vanilla extract**  
**1/2 cup chopped walnuts**  
**1 cup golden raisins (optional)**

Preheat the oven to 350 degrees.

Lightly spoon the flour into dry measuring cups. Level with a knife.

In a large bowl, combine the flour, cornmeal, baking powder, ground ginger, salt, baking soda, ground cardamom and ground mace. Make a well in the center of the mixture.

In a medium bowl, combine the sugars and eggs, stirring with a whisk. Add the pumpkin, oil and vanilla. Stir well. Add the raisins and nuts. Add to the flour mixture, stirring just until moist.

Spoon the batter into a 9x5 inch loaf pan coated with cooking spray.

Bake at 350 degrees for 50 minutes or until a wooden toothpick inserted in the center comes out clean. Cool for 10 minutes in the pan on a wire rack. Remove from the pan. Cool completely on the wire rack.

Yield: 16 servings

## **Breads, Muffins**

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*Per Serving (excluding unknown items): 2833 Calories; 90g Fat (28.0% calories from fat); 53g Protein; 467g Carbohydrate; 20g Dietary Fiber; 424mg Cholesterol; 2336mg Sodium. Exchanges: 12 Grain(Starch); 3 1/2 Lean Meat; 4 Vegetable; 15 Fat; 17 1/2 Other Carbohydrates.*