

# Low fat Pumpkin Poundcake

**Servings: 16**  
**Yield: 9 cups**

*3 ounces butter*  
*3 cups sugar*  
*1 tablespoon vanilla extract*  
*4 each eggs*  
*1 tablespoon honey*  
*15 ounces pumpkin puree*  
*2 1/2 ounces yogurt*  
*3 ounces apples, chopped IQF*  
*2 1/2 cups all-purpose flour*  
*1 tablespoon baking powder*  
*1/2 teaspoon salt*  
*1/2 teaspoon cinnamon*  
*1/2 teaspoon cardamom*  
*1/4 cup turbinado sugar*

Cream together butter, vanilla and sugar. Scrape the bowl.

Add eggs and mix to combine on low speed. Scrape the bowl and mix again briefly.

Add honey, pumpkin puree & yogurt. Mix on low speed to combine. Scrape the bowl.

Sift dry ingredients into bowl and mix until combined. Do not overmix.

Fold in chopped apples.

Fill lightly sprayed, paper lined large muffin cups.

Sprinkle with Turbinado sugar.

Bake at 375 degrees for approx 20 -30 minutes or until toothpick comes clean when inserted.

---

Per Serving (excluding unknown items): 301 Calories; 6g Fat (17.1% calories from fat); 4g Protein; 59g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 220mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 3 Other Carbohydrates.