

Power Packed Pumpkin Bars

Pumpkin is a great source of vitamin A, essential for healthy eyes.

Serves 15



Nutrition Facts

Serving Size 1 Bar
Servings Per Recipe 15

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 125mg **5%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 16g

Protein 4g

Vitamin A 100% • Vitamin C 2%

Calcium 4% • 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.

Ingredients

- Cooking spray
- 1 cup quick cooking oats
- 1½ cups whole wheat pastry flour
- ¼ cup ground flax seed
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 teaspoons pumpkin pie spice
- 2 cups pumpkin puree (canned or fresh, not pumpkin pie mix)
- 2 teaspoons vanilla extract
- 1 egg
- ½ cup unsweetened applesauce
- ¾ cup honey
- ¾ cup chopped pecans (optional)

Directions

1. Preheat oven to 350 degrees and grease a 9 x 13 inch baking pan.
2. In a large bowl, combine dry ingredients. Mix well with a fork, then set aside.
3. In a separate bowl, whisk together wet ingredients.
4. Fold wet ingredients gently into dry ingredients.
5. Fold in chopped pecans if using.
6. Pour and spread evenly into baking pan.
7. Bake for approximately 30-40 minutes or until top is firm and middle springs back when tapped.
8. Enjoy fresh and warm or store in an airtight container in the refrigerator or freezer.



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