

# Power Packed Pumpkin Bars

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

Serves 12



## Ingredients

- Cooking spray or oil
- 1½ cups cornmeal
- 1½ cups whole wheat pastry flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- 2 cups pumpkin puree
- ⅓ cup canola oil
- ½ cup maple syrup (or honey)
- ½ cup water

## Nutrition Facts

Serving Size 1 Bar

Servings Per Recipe 12

Amount Per Serving

**Calories** 220    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 170mg    **7%**

**Total Carbohydrate** 36g    **12%**

Dietary Fiber 4g    **16%**

Sugars 10g

**Protein** 3g

Vitamin A 130%    • Vitamin C 2%

Calcium 10%    • 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

## Directions

1. Preheat oven to 375 degrees.
2. Lightly grease a 9 x 13 inch baking pan.
3. In a large bowl, combine dry ingredients and set aside.
4. In a separate bowl, whisk together pumpkin puree, oil, syrup, and water until smooth.
5. Fold wet ingredients gently into dry ingredients.
6. Pour and spread evenly into baking pan.
7. Bake for approximately 35 minutes or until top is slightly cracked and firm.

Recipe adapted from Cynthia Lair's  
*Whole Foods for the Whole Family*

Please note: nutritional values are approximate.



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