

INGREDIENTS

2 1/2 cups Whole Grain Oat Flour	1/3 cup Mini Semi Sweet Chocolate Chips
2 teaspoons Baking Powder	1 cup 100% Pure Canned Pumpkin 14.991 Oz
1/2 teaspoon Baking Soda	1 tablespoon Vanilla Extract
1/4 teaspoon Salt	1/2 cup Unsweetened Applesauce
1 teaspoon Ground Cinnamon	1/2 cup Light Brown Sugar
1 1/2 teaspoons Pumpkin Pie Spice	1 tablespoon Canola Oil

NUTRITION INFORMATION PER SERVING

Calories 250kcal	Sodium 141mg
Carbs 43g	Fiber 5g
Protein 6.4g	Added Sugar 12g
Total Fat 6.1g	Fruits 0 servings
Saturated Fat 1.68g	Vegetables 0 servings

Pumpkin Chocolate Chip Oat Bars

🕒 5 MINS | 🍴 9 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

- 1- Preheat oven to 350. Spray 9x9 baking pan with cooking spray.
- 2- Mix dry ingredients into a large bowl. (exclude brown sugar.)
- 3- In a separate bowl, mix the wet ingredients until brown sugar is dissolved.
- 4- Combine wet and dry mixture, stir until combined.
- 5- Pour the mixture into a 9x9 baking pan for 15-18 minutes, until done.
- 6- Let cool before cutting into squares.
- 7- Enjoy!

