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# FALL PUMPKIN BARS

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Nut-Free, Egg-Free, Vegetarian, Vegan

**Yield:** 12 servings    **Total time:** 45 minutes



## D'LISH

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### Ingredients

- 1/4 cup ground flaxseed & 1/4 cup + 2 tbsp warm water (OR 2 eggs, not vegan friendly)
- 3/4 cup all-purpose flour (OR gluten-free all-purpose flour)
- 3/4 cup almond flour
- 2 tbsp pumpkin pie spice (OR cinnamon, nutmeg, ginger)
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt (OR kosher salt)
- 1 cup (8oz) canned pumpkin puree
- 2 tbsp melted coconut oil (OR vegetable oil)
- 1/3 cup maple syrup (OR honey)
- 1 tsp vanilla extract (OR almond, lemon extract)
- 1/3 cup dark chocolate chips, optional (not dairy-free OR vegan friendly)
- 1/3 cup chopped walnuts OR pecans, optional (not nut-free)
- Cream cheese yogurt frosting, optional (not dairy-free OR vegan friendly) OR light powder sugar

### Directions

1. Preheat oven to 350°F and spray an 8x8-inch baking dish with non-stick spray.
2. In a small bowl, combine the flaxseed and water and set aside for 5 minutes to thicken.

This combination of ground flaxseed and water acts as an egg replacement in this recipe. Like eggs, it will thicken the batter and help it rise.

3. In a large bowl, combine your dry ingredients: all-purpose flour, almond flour, pumpkin pie spice, baking powder, baking soda and salt.

### Grocery List

- Ground flaxseed
- All-purpose & Almond flour
- Pumpkin pie spice
- Baking powder & soda
- Sea salt
- Pumpkin puree
- Coconut oil
- Maple syrup
- Vanilla extract
- Dark chocolate chip
- Chopped nuts
- Powder sugar

### Kitchen Equipment

- 8x8-inch baking dish
- Measuring cups and spoons
- Can opener
- Spatula
- 3 Bowls
- Whisk

Combining both all-purpose flour and almond flour will make these bars super moist and tender. The baking powder and soda will help our batter rise.

4. In a medium bowl, whisk together your wet ingredients: pumpkin puree, coconut oil, maple syrup, vanilla, and flaxseed mixture (“eggs”).

Coconut oil is used to add moisture and richness. Maple syrup replaces sugar to sweeten up our batter and pumpkin puree adds deep pumpkin flavor.

5. Pour the wet ingredients into the large bowl with the dry ingredients and stir until combined. Option to add dark chocolate chips or nuts to the batter. Spread into the baking dish and bake for 30 minutes.
6. Let the cake cool completely before serving or adding frosting or powder sugar.

Per serving: Calories 98; Total Fat 4g; Saturated Fat 2g; Sodium 218mg; Total Carbohydrates 14g; Fiber 1g; Protein 2g

### Prep tip

- You should always refrigerate baked goods that have perishable fillings and/or frosting.
  - Store leftover frosted pumpkin bars in an air-tight container in the refrigerator for up to 3-4 days.
  - Can freeze unfrosted bars in the freezer for up to 1 month.  
*Do not freeze frosted pumpkin bars*

### Nutrition Information

- Pumpkin is very versatile and easy to add to both sweet and savory dishes.
- Both fresh pumpkin and canned pumpkin are packed with nutrients, such as potassium, vitamin A and iron.
- Its nutrients and antioxidants may boost your immune system, protect your eyesight, lower your risk of certain cancers and promote heart and skin health.