



Child & Adult Care Food Program

HEALTHY PUMPKIN BARS RECIPE WITH OATMEAL



INGREDIENTS

- rolled oats
- whole wheat flour or gluten free flour blend
- cinnamon
- pumpkin pie spice
- ground flaxseed
- baking powder and baking soda
- 3 eggs
- pumpkin puree
- maple syrup
- coconut oil (or another neutral oil)
- pure vanilla extract
- mini chocolate chips, raisins, dried cranberries, or chopped walnuts

INSTRUCTIONS

1. Preheat the oven and coat an 8×8 pan with nonstick spray.
2. Add all ingredients to a medium bowl. (photo 1)
3. Stir together. (photo 2)
4. Place batter into prepared and smooth with a spatula. (photo 3)
5. Bake until lightly golden brown around the edges and a cake tester inserted into the middle comes out cleanly. (photo 4)

