

PUMPKIN PIE BARS

makes 16 bars

gluten & dairy free

Crust:

- 3/4 cup ALMOND FLOUR
- 1 cup ROLLED OATS*
- 1/4 cup GRAPESEED or COCONUT OIL (melted)
- 1/4 tsp SEA SALT
- 1/4 tsp BAKING SODA
- 1 tsp PUMPKIN PIE SPICE
- 1/2 tsp CINNAMON, GROUND
- 2 tbsp 100% PURE MAPLE SYRUP

Filling:

- 15 oz can PURE PUMPKIN
- 3 EGGS, large
- 1/3 cup PURE MAPLE SYRUP
- 1/2 cup UNSWEETENED ALMOND or COCONUT MILK
- ZEST FROM 1/2 ORANGE
- 1 tbsp PURE VANILLA EXTRACT
- 1 tbsp PUMPKIN PIE SPICE
- 1/2 tbsp CINNAMON, GROUND

Topping:

- 1/2 cup ALMOND FLOUR
- 1/4 cup ROLLED OATS*
- 1/2 cup PECANS, chopped
- 1 tsp CINNAMON, GROUND
- 2 tbsp 100% PURE MAPLE SYRUP
- 1 tbsp GRAPESEED or COCONUT OIL

**Use gluten free oats if desired.*

1. Preheat oven to 350 degrees F and grease an 8 x 8" or 9 x 9" square baking dish with oil.

2. Pulse 1 cup oats in food processor or blender until flour consistency (or substitute additional almond flour for oats). In a small bowl combine all crust ingredients (first 8) and press into bottom of prepared pan with a fork or the bottom of a flat measuring cup. Bake for 5-8 minutes until golden brown. Let cool completely.

3. In a large mixing bowl add all filling ingredients (next 8 ingredients), whisk or use an electric mixer to stir until smooth. Pour mixture into cooled crust and bake 10 minutes.

4. While filling is baking combine topping ingredients (last 6) in a small bowl and set aside. Sprinkle topping over bars after first 10 minutes of baking, return to oven and bake an additional 15 - 20 minutes, or until bars are set. Cool and cut into 16 squares.

VARIATIONS: Sprinkle raisins or dried cranberries over bars after baking.

NUTRITION INFO PER SERVING: Calories 200, Total Fat 13g, Saturated Fat 1g, Cholesterol 40mg, Sodium 75mg, Total Carbohydrate 18g, Dietary Fiber 3g, Sugars 9g, Protein 5g

**Adapted from Multiply Delicious blog's, Pumpkin Pecan Pie Bars: <http://www.multiplydelicious.com/thefood/2012/11/pumpkin-pecan-pie-bars/>*