

Goosey Pumpkin Bars

(food processor or blender needed)

Ingredients:

1/2 c. Oats	1 t Baking Powder
1 Can White Beans	1 t Cinnamon
1/4 c. Almond Butter	1/2 t Pumpkin Pie Spice
1/4 cup Honey	
2 T Maple Syrup	1/4 c. Mini Choc Chips
2 t Vanilla	
1 medium Sweet Potato (cooked)	



Directions: Whirl oats in blender until a 'flour' is formed and set aside. Drain beans and rinse very well. Blend all ingredients except mini chocolate chips together on 'high' until very smooth, then top with chips. Spray a 9x9 (for thinner bars) or 8x8 pan with cooking spray and spread batter evenly. Bake at 325 for 20 minutes or until just done. Let cool and cut into 16 squares.



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving
(1 square; 1/16 recipe):**

Standard Pumpkin Bar

Calories: 100

320 Calories

Fat: 2 grams

16 g Fat

Protein: 4 grams

2 g Protein

Carbohydrates: 18 grams

23 g Carbs

Fiber: 2 gram

0 g Fiber

Sodium: 103 g

95 mg Sodium

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