Homemade Pumpkin Bar

Ingredients

*makes 20 bars*

- 2 cups pumpkin, canned
- 1 5/8 cups, sugar
- 1 cup canola oil
- 7 tbsp liquid egg
- 2/3 tbsp baking soda
- 1 3/8 cup whole wheat flour
- 2/3 tbsp ground cinnamon
- 1 tsp ground nutmeg
- 1/2 tsp ground cloves
- cooking spray, as needed
- 1 1/3 cup flour, all purpose
- 1/2 tbsp kosher salt

Kitchen Tools

- measuring cups & spoons
- Mixer
- Sifter
- Rubber spatula
- sheet pan
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Method

Remember to wash your hands before you begin cooking!

1. Pre-heat oven to 325 degrees F. Spray a sheet pan with cooking spray.

2. Using a mixer, combine the pumpkin and sugar together. Add the eggs and oil and continue to mix until smooth.

3. Sift together baking soda, salt, cinnamon, nutmeg, cloves and flours in a separate bowl. Add slowly to the pumpkin mixture.

4. Mix until well incorporated. Scrape bowl sides and bottom with a rubber spatula to make sure puree is mixed well into flour mixture.

5. Pour mixture into sheet pan. Bake at 325 degrees F for 25-30 minutes.

6. Cool and cut into squares.

Serve and enjoy!