

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



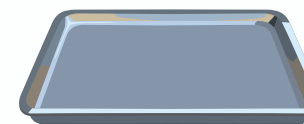
Mixer



Sifter



Rubber spatula



sheet pan

Homemade Pumpkin Bar

Method

Remember to wash your hands before you begin cooking!

325

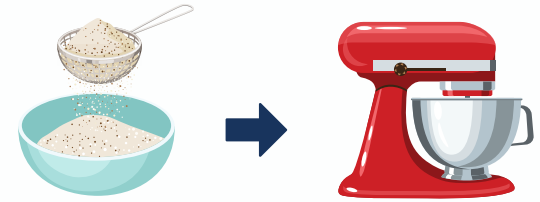
1

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



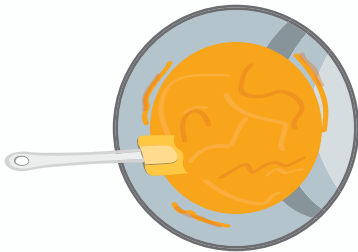
2

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



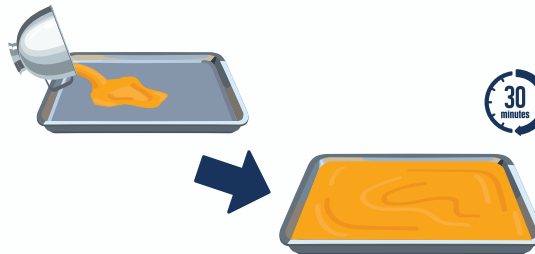
3

Sift together baking soda, salt, cinnamon, nutmeg, cloves and flours in a sperate 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!