

Homemade Pumpkin Bar

LET'S GET
COOKING



INGREDIENTS

As needed – pan spray

1 cup – canned pumpkin puree

2/3 cup – granulated sugar

3 ¼ fl. Oz. – canola oil

3 tbsp. – liquid egg

¾ tsp. – baking powder

¾ tsp. – ground cinnamon

½ tsp. – ground nutmeg

1/4 tsp. – ground cloves

½ cup – all-purpose flour (slightly heaping)

½ cup – whole wheat flour (slightly heaping)

½ tsp. - salt

Servings: 4-6

METHOD

- 1) In a mixer, or a bowl with handheld mixer, combine pumpkin and sugar. Add eggs and oil and mix until smooth.
- 2) Sift together baking soda, spices, and flour, add slowly to the pumpkin mixture, and mix until combined (scrapes down sides of the bowl during the process).
- 3) Pour into greased baking dish (appropriate to the batter quantity) and bake at 325 degrees for about 25 – 30 minutes.

Notes:

- To check doneness, insert a wooden pick – when it comes out clean, it is ready.

Serve & Enjoy

TASTY
DISHES
YOU CAN
MAKE!

Fun Facts

Pumpkin is a squash rich in vitamin A. The bright orange pigment in pumpkin supports our eyesight, hair, and skin health to keep our bodies glowing!

On average, a pumpkin has 500 seeds, also known as pepitas. The seeds can be eaten with or without the shell and are best prepared roasted. They are high in both fiber and iron, two nutrients often under consumed by most Americans.

Pumpkins are rich in potassium, providing more than a banana.

Pumpkin puree can be made at home by roasting or boiling pumpkin, removing the skin, and blending the flesh until smooth. Pumpkin puree adds nutrition, moisture, and an orange hue to dishes.

Pumpkin spice does not actually include 'pumpkin' as an ingredient flavor. Instead, pumpkin spice tends to be a blend of spices including cloves, cinnamon, nutmeg, and ginger, all of which are used to season a variety of dishes, including pumpkin pie.