



Pumpkin Snack Bars

School-Safe, Nut-Free, Dairy-Free, Gluten-Free

INGREDIENTS

- 2 1/2 cups rolled oats (use certified gluten free oats to be gluten free)
- 1 cup shredded unsweetened coconut
- 1/2 cup pumpkin seeds
- 1/2 cup chopped dried cranberries
- 1/2 cup chocolate chips (use Enjoy Life brand for dairy free)
- 1/3 cup oat flour*
- 1/4 cup ground flaxseed
- 1 tsp cinnamon
- 3/4 cup canned pumpkin puree
- 1/2 cup maple syrup or honey
- 1/4 cup solid coconut oil
- 1 tsp pure vanilla extract

DIRECTIONS

1. Preheat oven to 350F and line a 9x13 inch baking pan with parchment paper.
2. To a large bowl add oats, coconut, pumpkin seeds, cranberries, chocolate chips, flour, flaxseed and cinnamon. Stir to combine.
3. In a second bowl or 4 cup liquid measuring cup add coconut oil and melt in the microwave. Add pumpkin, maple syrup (or honey) and vanilla extract. Whisk to combine.
4. Pour wet ingredients into bowl with the dry ingredients and stir to combine.
5. Scoop batter into prepared pan. Flatten batter with a spatula or by firmly banging the pan on the counter.
6. Bake at 22-26 minutes, or until the edges are golden brown and the bar is firm to touch. Cool in the pan completely before removing and slicing into bars.

Makes 16 bars.

*To make oat flour add 1 cup of rolled oats to a food processor or blender and pulse until it turns into a fine flour and measure out 1/3 cup.

This recipe was inspired from Greta and Janet Podleski's GRAINola Bars in the Eat Shrink and Be Merry cookbook.