

***A Recipe from the Cooking for Life Program:***

**Pumpkin Bars**

**Makes 12 bars**

**What you need:**

- 1 cup all purpose flour
- ½ cup whole wheat flour
- 1 ½ cup quick cooking oats
- ¾ cup packed brown sugar
- 1/3 cup unsweetened applesauce
- 1/3 cup canola oil

- 1 (15oz) can of pumpkin
- 1 can low-fat or non-fat sweetened, condensed milk
- 4 egg whites
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg or cloves

**What you do:**

1. Preheat oven to 350 degrees
2. Lightly oil a 9X13 baking dish
3. In a mixing bowl combine the flours, oats, brown sugar, and baking soda
4. Add the applesauce and oil; stir with a fork until evenly moist and crumbly
5. Set aside ¾ cup of the crumb mixture to use as topping
6. Press the remaining crumb mixture into the bottom of the prepared pan and set aside
7. In a mixing bowl, combine pumpkin, condensed milk, egg whites, cinnamon, ginger and nutmeg or cloves with electric mixer (or mix in a blender)
8. Spread pumpkin mixture over the prepared crust
9. Sprinkle reserved crumb mixture over the top
10. Bake for 25-30 minutes until the edges are golden
11. Cool and cut into 12 bars



*Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.*