

PUMPKIN BARS

See notes below the recipe for a variety of healthier options for flour, sugar, oil & margarine

INGREDIENTS

BASE

- 1 C Egg Substitute **OR** 4 eggs
- 1 1/2 C Sugar
- 1 C Oil
- 1 can Pumpkin (15 oz)
- 2 t Cinnamon
- 1 t Baking Soda

ICING

- 1 (8oz) Neufatchel Cream Cheese **OR** Tofutti cream cheese
- 1/2 C Margarine (at room temperature)
- 2 C Powdered Sugar
- 1 t Vanilla
- Non-stick cooking spray

BAKING INSTRUCTIONS

- 1 Preheat oven to 350
- 2 Beat together eggs, sugar, oil & pumpkin.
- 3 Add dry ingredients & mix until thoroughly combined
- 4 Pour batter into a 9 x 13 rectangular pan that has been sprayed with the cooking spray
- 5 Bake for 30 minutes
- 6 Cool on wire rack before frosting
- 7 Combine all the icing ingredients & mix on low speed until thoroughly combined.
- 8 Spread on bars



FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch
Whole Wheat Pastry flour

SUGAR SUBSTITUTES

Splenda Sugar Blend for Baking
Maltitol
Agave
Honey
Low Cal Maple Syrup

OIL & MARGARINE SUBSTITUTES

Applesauce
Banana Puree
Prune Puree
Mango Puree
Pumpkin Puree
WonderSlim

