



# Healthy Pumpkin Bars

Preparation: **10 mins.** | Cooking: **20 mins.** | Servings: **16 bars**

## INGREDIENTS

1 cup rolled oats  
1/2 cup whole wheat flour or gluten free baking flour  
1 tablespoon ground flaxseed  
1 teaspoon cinnamon  
1/2 teaspoon pumpkin pie spice  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
2 large eggs  
1 cup pumpkin puree  
1/4 cup monk fruit sweetener  
3 tablespoons popcorn oil  
1 teaspoon vanilla extract  
1/3 cup raisins, dried cranberries or chopped walnuts



## INSTRUCTIONS

Preheat oven to 350 degrees. Coat an 8x8 pan with nonstick spray. Add all ingredients to a medium bowl, and stir together to combine thoroughly but gently. Place batter into prepared pan, and smooth with a spatula so the batter is evenly distributed in the pan. Bake for 20-24 minutes until lightly golden brown around the edges and a cake tester inserted into the middle comes out cleanly.