

Grain-Free Pumpkin Bars

Servings: 9

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Source: Detoxinista.com

Ingredients:

1/2 cup canned pumpkin

2 eggs

1/4 tsp salt

1/2 cup almond butter

2 tsp pumpkin pie spice

1/2 tsp baking powder

1/3 cup honey

1 tsp vanilla extract

Directions:

1. Preheat oven to 350 degrees. Grease an 8" x 8" pan with oil.
2. Mix all ingredients together in a medium bowl until a smooth batter is formed.
3. Pour batter into greased pan and bake for about 30 minutes, or until the center is firm and the edges are golden brown.
4. Let the pan cool complete, then cut into 9 bars.
5. Allow to cool and serve. Pair bars with a protein source to make a complete meal (ex. 1 egg, 1 tbsp. nut butter, 1 cup skim milk or 1 /2 cup Greek yogurt or cottage cheese).

Nutrition Information per Serving: 145 calories, 9g total fat, 1g saturated fat, 4g protein, 14.5g carbohydrate, 2g fiber, 150mg sodium



Chef Tips:

Don't have pumpkin pie spice on hand? No problem! Just mix the following spices together:

- * 3 tbsp ground cinnamon
- * 1 tsp ground nutmeg
- * 1/2 tsp ground cloves
- * 2 tsp ground ginger
- * 1 tsp ground allspice