

PUMPKIN BARS

INGREDIENTS

1/2 cup pumpkin puree

1/2 cup almond butter

1/4 cup honey

2 eggs

2 tsp pumpkin pie spice

1 tsp vanilla

1/4 tsp sea salt

1/2 tsp baking soda

PROCEDURE

Preheat oven to 350 degrees and grease an 8x8 pan with coconut oil or butter.

Combine ingredients in a medium bowl and mix until a smooth batter forms.

Transfer the batter to a greased pan and bake for 30 minutes, until the edges are golden brown, and the center is firm.

Allow to completely cool, then cut and serve.

Maple Walnut Toppings

1/4 cup walnuts

3 tbsp pure maple syrup

2 tbsp coconut oil

1 tsp vanilla

3 tbsp water

pinch of sea salt

Combine the ingredients in a high-speed blender and blend until smooth and creamy.

Top pumpkin bars with a small dollop.

NATURAL HEALTH

2000 Jefferson St. Quincy, IL 62301
(217) 228-2040