



Pumpkin oat bars

Servings: Varies - cut the bars to your preferred size!

INGREDIENTS:

Oat crumble:

- 2 cups oats
- 4 tbsp coconut or olive oil
- 1 tsp cinnamon sugar
- 2 1/2 tbsp agave
- Pinch of salt

Pumpkin filling:

- 1 2/3 cup pumpkin puree
- 3 tbsp coconut sugar
- 1 tsp cinnamon
- 1 tsp vanilla
- 1/4 tsp nutmeg

DIRECTIONS:

1. Preheat oven to 350 F.
2. Blend the ingredients for the crumble in a food processor until you have a crumbly dough that sticks together.
3. Spread 2/3 of the dough in a 9x13 pan lined with parchment paper and press it in with your hands to form the crust.
4. Mix the ingredients for the filling until super smooth.
5. Spread the pumpkin filling over the oat crust.
6. Spread remaining crumble over the filling and bake for 25 minutes until golden brown.
7. Let cool before slicing pieces.

Recipe provided by The Cookery, a local nonprofit organization dedicated to instilling healthy eating habits through nutrition education and life skills training to economically disadvantaged children and adolescents as well as youth with disabilities in South Alabama.