

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Almond Flour Pumpkin Bars

From The Nourishing Home on Facebook

We love these bars, so I will often double the recipe and put it in a 9x13 inch baking dish.

½ cup pumpkin puree
1/3 cup pure maple syrup
2 eggs
1 cup blanched almond flour
¼ tsp sea salt
½ tsp baking soda
1 tsp pumpkin pie spice

1. Preheat the oven to 350 degrees. Lightly oil an 8x8 inch baking dish.
2. In a food processor, or blender, combine pumpkin, maple syrup and eggs and blend on low for 2 minutes.
3. Add dry ingredients into wet and blend on low for 1 minute.
4. Pour batter into baking dish, using a rubber spatula to help.
5. Bake for approximately 28-30 minutes, until toothpick inserted in the center comes out clean. Allow to cool for at least 20-30 minutes before cutting into bars.