

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pumpkin Squares

From www.tfrecipes.com/forum/showthread.php?t=82

½ cup coconut oil, melted
½ cup honey*
2 eggs, beaten
1 cup pumpkin
1 cup whole-grain flour (spelt is good)
1 tsp cinnamon
½ tsp sea salt
½ tsp baking soda
½ tsp baking powder
½ cup raisins, optional

1. Preheat oven to 350 F.
2. Mix liquid ingredients, then add dry ingredients.
3. Pour into a greased 8x8 pan and bake for 20-25 minutes. (You could also double the recipe and bake it in a 10x15 sheet pan for 15-20 minutes.)
4. Cut into small squares.

*You could try reducing the amount of honey in this recipe