

Pumpkin Pecan Bars

Portion Size: 1 bar

Yield: 16

Ingredients:

Cooking Spray	as needed	Vanilla Extract	¾ tsp
Quick Oatmeal	1 ½ cup	Pumpkin, canned	1 ½ cup
All Purpose Flour	1 cup	Egg, large	1 each
Salt	¼ tsp	Brown Sugar	½ up
Cayenne Pepper	1/8 tsp	Allspice	¾ tsp
Butter, Softened	¾ cup	Pecan Pieces, chopped	¾ cup
Granulated Sugar	½ cup		

Preparation:

1. Preheat oven to 375°F.
2. Lightly spray baking pan with cooking spray
3. In a bowl, combine oats and flour; mix well.
4. Remove 1/2 cup flour-oat mixture and add salt and red pepper; set aside for filling.
5. To the remaining oat-flour mixture add butter, sugar and vanilla, blend in a food processor until crumbly. Reserve 3/4 cup for topping.
6. Press remaining mixture evenly onto bottom of prepared pan. Bake 15 minutes; remove pan from oven.
7. In a separate bowl combine pumpkin, egg, brown sugar, all-spice and reserved 1/2 cup seasoned oat-flour mixture; mix well. Spread filling over warm crust.
8. Add pecans to reserved topping mixture; mix well. Sprinkle evenly over pumpkin filling.
9. Bake 30 to 35 minutes or until topping is light golden brown. Cool in pan on wire rack. Cut into 16 equal bars. Serve room temperature or store in refrigerator tightly covered.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
240	3	28	2	14	13	6	100



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