

Healthy Pumpkin Bar

Ingredients:

- 1 can chickpeas or white beans, or 1 1/2 cups cooked
- 1/2 cup pureed pumpkin
- 2 tsp pumpkin pie spice
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/4 tsp each: salt and baking soda
- 3/4 cup organic cane sugar
- 1/3 cup flour (white, oat, spelt, sorghum, or 1/2 cup almond flour)
- 1/4 cup unsweetened applesauce
- 3 tbsp oil or 1/4 cup nut butter
- 1/2 cup chocolate chips, or more if desired

Directions

1. Preheat oven to 350 degrees.
2. Drain and rinse beans very well.
3. Blend all ingredients (except chips) until very smooth in a good food processor. Mix in chips, and scoop into a greased or parchment-lined 8x8 pan.
4. Bake for 30 minutes. They'll look a little undercooked when you take them out, but they firm up as they cool.

MADE WITH LOVE

by Teresa Forchard