

Pumpkin Bars

Makes 36 bars

This is a recipe that has been modified to be lower in carbohydrate and “hard fats”. It is yummy, especially the second day after baking.

½ c. mashed banana
½ c. mashed pumpkin or winter squash
¼ c. egg substitute
¼ c. frozen 100% apple juice concentrate, thawed
½ c. frozen 100% orange juice concentrate, thawed
½ c. canola oil
1 ½ c. flour
3 tsp pumpkin pie spice (approx.. equal parts, cinnamon, cloves, nutmeg or allspice)
1 ½ tsp baking soda
2 tsp powdered sugar - optional
Non-stick cooking spray

Preheat oven to 350° F.

Beat banana, squash and egg substitute in mixing bowl. Add juices and oil. Stir well. In another bowl, add flour, spice and baking soda. Stir well.

Spray 9X13” baking pan with nonstick spray. Pour batter into pan. Bake 20-25 minutes until firm.

If desired, decorate: Place a stencil of a half-moon or Jack ‘o Lantern face on cake; sprinkle powdered sugar through a small sifter.

Nutrition Info (2x2” square): Cals- 61; Carb- 7g; Fat- 3g; Pro- 1g.

