



PUMPKIN BARS

ALLERGIES:

No grains
No dairy
No gluten

Prep time: 10 mins

Cook time: 30 mins

Serves: 12 small or 9 medium bars



INGREDIENTS

- 1 cup pumpkin, cooked & mashed
- ½ cup nut butter, I use almond
- 2 tbsp natvia
- 1 tsp vanilla extract
- 2 pinches pink rock salt
- 1 tsp baking soda
- 2 eggs
- ½ cup coconut flour
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ½ tsp ground nutmeg

METHOD

- Preheat oven to 180°C,
- Line a 20cm x 20cm ovenproof pan with baking paper.
- In a medium bowl, combine all ingredients and mix until smooth.
- Pour mixture into prepared pan, and bake for 25-30 minutes. (test with a skewer)
- Cool in pan, then cut into slices.