

NO BAKE PUMPKIN CHOCOLATE CHIP GRANOLA BARS

GLEANERS

Serves: 8. Serving size: 1 bar

- 2 cups rolled oats
- 1/3 cup pumpkin puree
- 1/4 cup peanut butter
- 3 tablespoon maple syrup (or honey)
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 2 tablespoon pumpkin seeds (or any chopped nut)
- 2 tablespoon dried cranberries
- 1/4 cup mini chocolate chips



Recipe and photo from therealfoodrds.com

Nutrition Per Serving
Calories: 175 cal
Protein: 7 grams
Total Fat: 8 grams
Total Carbohydrates: 28 grams
Sodium: 8 mg
Fiber: 5 grams

1. In a food processor or blender, combine the oats, pumpkin puree, peanut butter, maple syrup, pumpkin pie spice and vanilla extract. Blend on low just until mixed well
2. Transfer mixture to a bowl. Fold in pumpkin seeds, cranberries and chocolate chips
3. Line a 9x5 inch pan with plastic wrap or parchment paper
4. Transfer mixture to pan, spread out and press down very firmly (Important)
5. Place in freezer for 30 minutes before slicing into 8 bars or 10 squares
6. Store in an air tight container in the refrigerator

Created by IUPUI dietetic interns: Riley Balogh and Molly Liss

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