



Tried and Tested: Pumpkin Oat Bars

These bars are one of my favourite fall recipes. They have been a staple in my house for so long that I can't even remember where I originally found the recipe. Try one of these bars are part of your breakfast, or as a snack or dessert.

Recipe tested by: Antonia Harvey, Pdt

Recipe Makes: 8 to 10 bars

Ingredients:

- 2 ½ cups quick-cooking rolled oats
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp pumpkin pie spice
- ¾ cup pure pumpkin
- ¼ cup dark brown sugar
- ¼ cup natural peanut butter (or almond butter)
- ½ cup milk
- 1 large egg
- 1 tsp vanilla extract
- ½ cup semi-sweet or dark chocolate chips

Instructions:

1. Preheat the oven to 350°F. Lightly grease an 8x8 inch baking tray and set aside.
2. In a large bowl, stir together the oats, baking powder, cinnamon, and pumpkin pie spice.
3. In a medium bowl, whisk together the pumpkin, brown sugar, nut butter, milk, egg, and vanilla.
4. Add the wet ingredients to the dry ingredients and mix until just combined. Stir in the chocolate chips.



5. Pour the batter into the prepared baking pan and spread evenly in the pan. Press the batter into the pan so that the top is smooth.
6. Bake for 20 minutes or until a toothpick inserted in the centre comes out clean.
7. Let the bars cool before cutting into 8 to 10 pieces.