

Grain Free Pumpkin Bars

7 ingredients · 45 minutes · 9 servings



Directions

1. Preheat oven to 350°F. In a large bowl, combine the pumpkin, almond butter, honey, eggs, pumpkin pie spice, salt, and baking soda, and stir until very smooth.
2. Pour into a greased 8-inch baking dish or dish lined with parchment paper.
3. Bake at 350°F for about 35 minutes.

Notes

Pumpkin Puree

If you are using a pumpkin pie pumpkin to make the puree, cut in half, scoop out the seeds, add some salt and roast for approximately 45 minutes.

Ingredients

- 1/2 cup Pureed Pumpkin
- 1/2 cup Almond Butter
- 1/3 cup Raw Honey
- 2 Egg
- 2 tsps Pumpkin Pie Spice
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda