



November 17- Peter Pumpkin Bars

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peter-pumpkin-squares>

Recipe

Ingredients:

- 1 can pumpkin (16 ounces)
- 1 ½ cups brown sugar
- 4 egg
- ¾ cup oil (cooking)
- 1 ½ cups flour (all-purpose)
- 1 ½ cups rolled oats
- 1 tablespoon cinnamon (ground)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- Margarine or butter (to grease the pan)

Directions:

1. Preheat oven to 350°F.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased baking pan. Bake for 30 minutes.

Yields 24 servings

Nutrition Facts	
Serving Size 1 square (61.48g)	
Servings Per Container 24	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 4g	7%
Vitamin A 60%	Vitamin C 0%
Calcium 8%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	