

BAKED PUMPKIN OAT BARS

Ingredients:

- 2 cups old fashioned oats
- 1 cup pumpkin puree
- 1 cup milk of choice
- 2 eggs
- 1 tsp vanilla extract
- ½ cup greek yogurt
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- ½ tsp salt
- 1 tsp baking powder
- ⅓ cup chopped nuts and chocolate chips
- Optional ½ cup or 2 servings protein powder



Instructions:

1. Preheat oven to 350 degrees and line a 9x13 baking dish with parchment paper.
2. Blend 1 cup oats to make oat flour. Mix together oats, protein powder, cinnamon, pumpkin pie spice, salt and baking powder in a large bowl.
3. Add pumpkin, eggs, greek yogurt, vanilla into the bowl and mix until fully combined with dry ingredients. Fold in nuts of choice.
4. Pour into baking dish and top with optional chocolate chips.
5. Bake for 25-30 minutes or until toothpick comes out clean.
6. Allow to cool and slice into 8 servings.

***Keep for 1 week in refrigerator, wrap individually or store in an air tight container.

***1/2 cup maple syrup can be added if omitting protein powder

Nutrition Facts

Baked Pumpkin Oat Bars

Makes 8 bars

Serving Size: 1 bar

Nutrition break down per serving

Nutrition estimates do not include protein powder or maple syrup as these are optional

Calories: **214 kcal**, Carbohydrates: **26 g**, Protein: **8 g**, Fat: **9 g**, Saturated Fat: **4 g**, Fiber: **4 g**, Sugar: **8 g**