



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Pumpkin Bars

Serves 24

Bar Ingredients:

4 eggs
1½ cups granulated sugar
½ cup vegetable oil
½ cup apple sauce
1 can (15 oz) pumpkin
2 cups white whole wheat flour
2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. baking soda
½ tsp. salt
½ tsp. ground ginger

Cream Cheese Frosting Ingredients:

1 package (3 oz) light cream cheese, softened
¼ cup butter or margarine, softened
1 tsp. vanilla
1½ cups powdered sugar

Directions:

1. Preheat oven to 350° F. Prepare 15"x10"x1" sheet pan with non-stick cooking spray.
2. In large bowl, beat eggs, granulated sugar, oil, apple sauce, and pumpkin with electric mixer, until smooth. Stir in flour, baking powder, cinnamon, baking soda, salt, and ginger. Spread into prepared pan.
3. Bake 25 to 30 minutes or until golden brown. Cool completely in pan on cooling rack, about 2 hours.
4. In medium bowl, beat cream cheese, butter and vanilla beat with mixer until creamy smooth. Gradually add-in powdered sugar, ½ cup at a time, until smooth and spreadable. Frost bars.
5. Cut bars and store in refrigerator until serving.