

Pumpkin Chocolate Chip Oatmeal Breakfast Bars (Copy)

A healthy fall recipe for oatmeal breakfast bars bursting with pumpkin spice flavor, walnuts and chocolate chips.

🕒 Preparation 20 minutes ● Total 50 minutes 16 portions

Ingredients

or	or
½ cup 100% pure pumpkin puree	½ teaspoon baking soda
or	or
2 tablespoons melted coconut oil	¼ teaspoon baking powder
or	or
3 tablespoons pure maple syrup	½ teaspoon ground cinnamon
or	or
3 tablespoons coconut sugar	¼ teaspoon ground cloves
or	or
1 flax egg (1 tablespoon ground flax + 3 tablespoons water, whisk together, set for 15 mins)	¼ teaspoon ground nutmeg
or	or
1 teaspoon pure vanilla extract	⅛ teaspoon salt
or	or
1 ¼ cup gluten free rolled oats	¼ cup vegan chocolate chips (I used Enjoy life brand)
or	or
½ cup + 2 tablespoons gluten free oat flour	¼ cup pecans, chopped

Cooking method

- 1
Preheat the oven to 350°F. Line an 8-inch square baking pan with parchment paper or greased foil. Set aside.
- 2
Add the wet ingredients to a large bowl: pumpkin, coconut oil, maple syrup, sugar, flax egg, and vanilla. Whisk until well incorporated.
- 3
Add the dry ingredients: oats, oat flour, baking soda, baking powder, cinnamon, cloves, nutmeg and salt. Whisk together until just incorporated, making sure no flour patches remain. Fold in chocolate chips and nuts.
- 4
Pour batter into the prepared baking pan. Using a rubber spatula, smooth into an even layer. Optionally, press chocolate chips and nuts into the batter.
- 5
Bake for 20-30 minutes, until the edges have browned. Mine took 25 minutes. Allow to cool on a cooling rack for about 1 hour, or until completely cool. Lift out, slice and enjoy! Storing instructions below.
- 6
Storage notes: Cool completely, then store in an airtight container for up to 1 week.
- 7
Freezing instructions: store in an airtight, freezer-friendly container in the freezer for up to 1 month. Allow to thaw for 10-15 minutes before enjoying; or heat in the microwave in 10-second increments until warm.