

FROSTED PUMPKIN BARS

16 portions

INGREDIENTS

- 136 grams of libby's Pumpkin Pie Mix, Canned
- 1/4 cup of oil, coconut [55 g]
- 2 oz of cheese spread, cream cheese base [57 g]
- 2 large units of egg, whole, raw, fresh [100 g]
- 1 tsp of vanilla extract [4 g]
- 136 grams of blanched Almond Flour
- 2 tsps of leavening agents, baking powder, low-sodium [10 g]
- 1 tsp of spices, pumpkin pie spice [2 g]
- 1/2 tsp of salt, table [3 g]
- 6 oz of cheese spread, cream cheese base [170 g]
- 64 grams of powdered Erythritol
- 1 tsp of vanilla extract, imitation, alcohol [4 g]
- 1 tbsp of cream, fluid, heavy whipping [15 g]

COOKING METHOD

- 1° Preheat the oven to 350 degrees and line a 9x9 baking pan with a baking sheet. [The last 4 ingredients in the list are for the cream cheese frosting only!]
- 2° In a microwave, melt the cream cheese and coconut oil in a bowl until the ingredients can be easily stirred together
- 3° Combine pumpkin puree, melted coconut oil and cream cheese mix, eggs, and vanilla. Mix with a hand mixer on the medium setting until its smooth.
- 4° Use a different bowl to stir the almond flour, sweetener, baking powder, salt, and pumpkin spice
- 5° Pour the flour mix into the bowl with the wet ingredients. Use the hand mixer at the low setting until combined
- 6° Pour the batter into the baking pan and smooth the top with a spoon. Bake in the oven for 25-30 minutes
- 7° Frosting Instructions [last 4 ingredients in list]: Use the hand mixer to combine the cream cheese, sweetener, and vanilla! Once the pumpkin bars have cooled, spread overtop

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [47 g]	% DRI
ENERGY	251 kcal	119 kcal	6 %
FAT	21 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	12 g	6 g	29 %
CHOLESTEROL	79 mg	37 mg	12 %
SODIUM	328 mg	155 mg	6 %
CARBOHYDRATE	18 g	8 g	3 %
SUGARS	13 g	6 g	—
FIBER	0 g	0 g	0 %
PROTEIN	6 g	3 g	—