

## ZUCCHINI PUMPKIN BARS

9 portions

### INGREDIENTS

- 1 medium unit of squash, zucchini, baby, raw (11 g)
- 128 grams of libby's Pumpkin Pie Mix, Canned
- 1/4 cup of nuts, almond butter, plain, without salt added (63 g)
- 3/4 cup of beverages, almond milk, sweetened, vanilla flavor, ready-to-drink (180 g)
- 75 grams of dates, medjool
- 85 grams of red Mill Coconut Flour
- 35 grams of arrowroot Starch
- 1 tbsp of spices, pumpkin pie spice (6 g)
- 1 tsp of leavening agents, baking soda (5 g)
- 1/2 tsp of salt, table (3 g)

### COOKING METHOD

- 1° Preheat the oven to 350 degrees
- 2° Blend the pumpkin puree, zucchini, almond milk, almond butter, and pitted medjool dates
- 3° Add remaining ingredients to blender and combine until the batter thickens
- 4° Pour the batter into an 8x8 inch pan lined with parchment paper
- 5° Bake for 35 minuets

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (66 g)	% DRI
ENERGY	220 kcal	144 kcal	7 %
FAT	8 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	469 mg	307 mg	13 %
CARBOHYDRATE	34 g	22 g	7 %
SUGARS	18 g	12 g	—
FIBER	7 g	5 g	19 %
PROTEIN	6 g	4 g	—