

GRAIN FREE PUMPKIN BARS

Vegan
Paleo
Pegan

Ingredients:

- 1/2 cup pumpkin puree (not pie filling)
- 2 tablespoons coconut oil
- 1/4 cup honey (or maple syrup)
- 2 eggs, room temperature
- 1 teaspoon gluten-free vanilla
- 1 1/4 cups almond flour
- 1 1/2 teaspoons pumpkin pie spice (some reviews said they used more according to taste)
- 1/2 teaspoon salt
- 1 teaspoon baking soda

Sweet Potatoes - Plant Based

Optional: 1/2 cup mini dark chocolate chips or walnuts

Instructions:

1. Preheat oven to 350°F Grease an 8"X8" baking pan; set aside.
 2. Place all ingredients into a large mixing bowl and mix until combined. Yes, it's that easy. You don't need to separate the dry and wet ingredients for this recipe.
 3. Pour batter into your prepared pan. Bake for 25 - 30 minutes or until the top starts to darken and the center is set (always start with the lowest time). Remove from the oven and let cool completely before cutting. Store in an airtight container at room temperature.
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