

## 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                | —     |