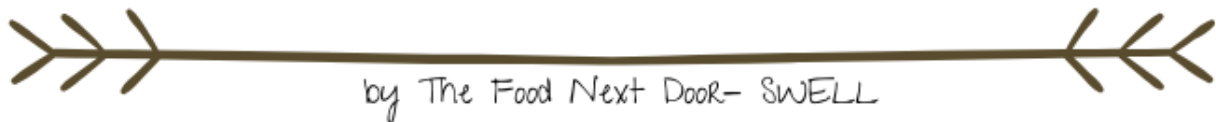




# PUMPKIN PLUM BARS



by The Food Next Door- SWELL

## Ingredients

*Makes 24 Bars*

- 1 C organic oats
- 1 C organic millet
- 3 C whole wheat flour
- 1 C local honey
- 2 T molasses
- 1/2 C slivered almonds
- 1/2 C pumpkin seeds
- 1 C dried fruit
- 1/2 C sunflower oil
- 1 C pureed pumpkin
- 1 C pureed plum or other seasonal fruit
- 4 eggs (optional)
- 1 tsp each of baking powder, ground cloves, ginger, cinnamon, nutmeg
- Pinch of salt

## Directions

Preheat oven to 350°F. For pumpkin puree, cut pumpkin in half, remove seeds and drizzle with oil. Place pumpkin upside-down on a baking pan and roast for approx. 1 hr, or until flesh is soft. Once pumpkin has cooled, scoop out flesh and blend in a food processor until smooth. For the bars, prepare a deep baking sheet with waxed paper and grease oil. In a bowl, combine all dry ingredients, in another bowl combine all wet ingredients. Mix Ingredients together until well blended and pour into baking sheet with a thickness of 1 in. Bake 30-35 minutes or until golden brown. Let cool, place on a wooden board and cut into bars. Store in an airtight container in the refrigerator or freeze.

We believe that health starts with good food, but good food does not exist without real farms. Thank you for joining our subscription program and helping us promote health through a sustainable food system. Mother Earth will thank you too, and you will feel the difference!

