

Honey of a Pumpkin Bar

Ingredients:

Non stick cooking spray
 1/3 cup nonfat dry milk
 2 cups whole wheat flour
 1 teaspoon baking soda
 2 1/2 teaspoons cinnamon
 1/2 teaspoon cloves
 1/2 teaspoon allspice
 1/2 teaspoon nutmeg
 1/3 cup vegetable oil
 2/3 cup honey
 1/2 cup orange juice
 2 eggs
 1 cup pumpkin, canned

Equipment:

9 x 13 baking pan
 Small bowl
 Medium bowl
 Spatula
 Measuring cups
 Measuring spoons

Number of Servings: 15
 Prep Time: 15 minutes
 Total Time: 30 minutes

Directions

1. Preheat oven to 350F. Lightly grease or spray with non-stick spray a 9 x 13 inch baking pan.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, thoroughly mix oil, honey, juice, eggs and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, stirring until smooth. Spread batter onto prepared baking pan.
5. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger.
6. Cool. Cut into squares.

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Nutrition Facts

Serving Size: 1 bar

Servings: 15

Amount Per Serving

Calories 173 Calories from Fat 54

%Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 4%

Cholesterol 29mg 10%

Sodium 110mg 5%

Total Carbohydrate 28g 9%

Dietary Fiber 3g 11%

Protein 4g 9%

Vitamin A 73% Vitamin C 9%

Iron 7% Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

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