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

Directions
1. Preheat oven to 350°F. 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.

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

Nutrition Facts
Serving Size: 1 bar
Servings: 15

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>173</td>
<td>54</td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td></td>
<td></td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td></td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td></td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>110</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate (g)</td>
<td>28g</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber (g)</td>
<td>3g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>4g</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A (IU)</td>
<td>73%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>7%</td>
<td></td>
<td>5%</td>
</tr>
</tbody>
</table>

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

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp