

Pumpkin is packed with vitamins, minerals and fiber. Bake with pumpkin to add a little more vegetables to your family's day!

## baked pumpkin oatmeal bars

## **Ingredients:**

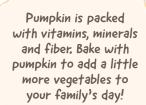
2 cups oats 1 cup canned pumpkin ½ cup honey 1½ teaspoons ground cinnamon ¼ cup mini chocolate chips

### **Instructions:**

- 1. Spray an 8 inch by 8 inch square baking dish with cooking spray. Preheat the oven to 350°F.
- Combine all ingredients in a mixing bowl. Stir well. Press into the baking dish.
- 3. Bake for 18 to 20 minutes until the top is golden and firm.
- 4. Let cool. Slice into 9 bars.
- **5.** Store in an airtight container for up to 3 days.



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