

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
- ¼ cup honey
- 1 ½ 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.
2. 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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