

Pumpkin mummy bars

Ingredients

- 1 cup milk (any kind)
- ½ cup pumpkin purée
- ½ cup pure maple syrup
- ¼ cup coconut oil, melted
- 1 egg
- 1 teaspoon vanilla
- 1 cup oat flour, minus 1 teaspoon
- 1½ cups old-fashioned oats
- 2 tablespoons chia seeds
- 1 teaspoon pumpkin pie spice
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup pecan halves, roughly chopped
- 1 cup white chocolate, melted
- 24 edible candy eyes (found at local home goods or craft stores)



Nutritional information

Servings: 12

Calories per serving: 264

Directions

- Preheat oven to 350 degrees and coat 8-inch x 8-inch square baking pan with nonstick spray or butter.
- In a large bowl, whisk together milk, pumpkin, syrup, coconut oil, egg and vanilla.
- In another bowl, mix oat flour, oats, chia seeds, spices, baking powder, baking soda and salt.
- Add dry ingredients to wet ones, mixing just until combined.
- Fold in pecans, pour mixture into prepared pan and spread out.
- Bake 35-40 minutes, checking frequently after 25 minutes.
- If the edges are browning but the middle is still wet, cover pan with foil to continue baking.
- When the middle has set, remove from oven.
- Let cool and then cut into 12 bars.

White chocolate icing

- After bars are cut, place white chocolate in microwave-safe dish.
- Set microwave to 50% power and heat chocolate for 30 seconds.
- Stir, then heat for another 30 seconds at 50% power. Repeat until chocolate is fully melted.
- Put melted chocolate in piping bag and spread in lines across the individual bars to create the "mummy" effect.
- Gently push candy eyes into the white chocolate at the top of each bar.
- Serve on Halloween or Día de los Muertos platter and enjoy!