
Pumpkin Oat Bars

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Pumpkin Filling

- 1/2 cup coconut cream
- 3/4 cup pitted dates
- 1 cup pumpkin puree
- 1/4 cup almond butter
- 2 tablespoon date molasses
- 1/2 teaspoon vanilla extract
- 2 tablespoon arrowroot starch
- 1 teaspoon cinnamon powder
- 1/4 teaspoon ginger powder
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt

Oat Base & Topping

- 1 1/2 cups rolled oats (quick-cooking works too)
- 1 cup whole wheat pastry flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 cup coconut sugar
- 1/2 cup coconut oil (or butter flavor)
- 3 tablespoons maple syrup
- 50ml almond milk
- 1/2 cup walnuts, roughly chopped

Instructions:

1. Start by making the pumpkin filling. Pour hot water on the pitted dates and set aside to soften.
2. Drain the dates and place in a food processor or blender. Add the coconut cream and pumpkin and blend until smooth. Add almond butter, molasses and vanilla, and blend again. Add the remaining ingredients and blend just until smooth. It will be quite thick and you may need to stop to scrape down the sides of the bowl a couple of times.
3. Transfer the pumpkin filling to a bowl and place in the fridge while you make the base and topping.
4. Pre-heat the oven to 375F or 180C. Line a 9inch square baking pan (or the equivalent) with parchment paper and place on a baking sheet. Set aside.
5. To make the oat crust, combine the oats, flour, baking powder, baking soda, salt, cinnamon and coconut sugar in a food processor. Pulse a couple of times just to combine the dry ingredients and break the oats into slightly smaller pieces. Add the the coconut oil, maple syrup, almond milk and pulse just until the dry ingredients are nicely moistened and stick together when pinched.
6. Transfer 1 cup of the oat mixture to a bowl and add the chopped walnuts. This will be the topping. Set aside for now.
7. Dump the rest of the oat mixture into your prepared pan. Spread evenly and press down to form the base.

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8. Take out the pumpkin filling from the fridge and spread on top of the oat mixture. Sprinkle with the oat walnut topping.
 9. Bake for 30minutes until the filling is set and the topping is golden. Let cool completely and slice into 9 squares (or smaller if you prefer).