

Harvest Pumpkin Bars

Makes 16 small bars

Preheat oven to 350 degrees. Grease an 8-inch square baking dish. (Recipe doubles easily for a 9x13 inch baking dish)

1/2 cup	almond butter	Add to a food processor or blender and blend until smooth.
1/2 cup	pumpkin puree (fresh or canned)	
4 Tbsp	pure maple syrup	Note: Use any leftover canned pumpkin in your next smoothie!
1	egg	
1 tsp	vanilla extract	
1/2 tsp	baking soda	
1 tsp	ground cinnamon	
1/4 tsp	each ground ginger & ground nutmeg	
1/4 cup	raw pecans (or almonds)	
1/4 cup	unsweetened shredded coconut	
1/4 cup	chocolate chips , dark or semi-sweet	Add and pulse 2-3 times. Pour into prepared baking dish.
2 Tbsp	unsweetened shredded coconut , OPTIONAL	Sprinkle on top. Bake for 20-22 minutes or until golden brown on the edges. When cool, cut into squares. Store in the refrigerator in a sealed container.

Nutrition Information for 1 bar without the optional coconut topping:

Calories: 100 • Fat: 7.5 g • Sat Fat: 1.4 g • Chol: 12 • Fiber: 1 g • Protein: 2 g • Total Carb: 8 g • Sugars: 6 g • Sodium: 80 mg

Almond Butter Brownies (or Peanut Butter Brownies)

Serves: 16

Preheat oven to 325 degrees. Grease an 8-inch square baking dish. (Recipe doubles easily for a 9x13 inch baking dish)

2	eggs	In a large bowl, using an electric mixer, beat ingredients until thickened.
1/3 cup	honey	
2 Tbsp	brown sugar , firmly packed (or coconut or date sugar)	
2 tsp	vanilla extract	
1 cup	almond butter (or natural peanut butter)	Add and beat until smooth.
1/3 cup	unsweetened cocoa powder	
1/2 tsp	salt	
1/4 cup	chocolate chips , dark or semi-sweet	Add and mix until well combined. Pour into prepared baking dish. Bake 30-35 minutes, or until a toothpick inserted into the center comes out clean. When cool, cut into squares. Store in the refrigerator in a sealed container.

Nutrition Information for 1 brownie (using no salt added almond butter):

Calories: 150 • Fat: 10.5 g • Sat Fat: 1.5 g • Chol: 23 • Fiber: 2.5 g • Protein: 5 g • Total Carb: 13 g • Sugars: 9 g • Sodium: 85 mg