



# Ashley's Meal Prep Monday!



## Pumpkin Pie Bars

### INGREDIENTS

#### Crust:

- 1 cup GF rolled oats
- 1 1/2 cups almond flour
- 1/4 TSP salt
- 2 TBSP coconut sugar
- 1 TBSP maple syrup
- 5 TBSP melted coconut oil

#### Filling:

- 2 3/4 cups pumpkin puree
- 1/4 cup maple syrup
- 1/4 cup coconut sugar
- 1/4 cup almond/oat milk
- 2 1/2 TBSP arrowroot
- 1 3/4 TSP pumpkin pie spice
- 1/4 TSP salt



Preheat oven to 350 and line an 8x8 inch baking dish with parchment paper. Make the crust by adding oats to a blender or food processor and blend until you reach the consistency of oat flour. Add the almond flour, sea salt, coconut sugar, and mix again. Then add the maple syrup and melted coconut oil and mix/pulse to combine. Depending on the device you may need to use a spoon to scrape around the edges to ensure the crust is mixed. If it appears too dry, add more coconut oil.

Add crust to the baking dish and shake to evenly disperse, then lay down parchment paper on top and use a flat bottomed object like a drinking glass and press down to pack the crust into place. Bake for 20 minutes then set aside to cool.

Add all filling ingredients to the blender and blend until smooth, scraping down the sides as needed. Taste and adjust as needed adding more syrup or coconut sugar for sweetness, or a pinch of cinnamon. Once crust is baked, pour the filling into the crust and tap on counter to remove air bubbles. Bake for 50 minutes. The filling will still be just a bit jiggly, dark orange in color

Remove from oven and let cool completely before loosely covering with plastic wrap and transferring to the fridge to fully set. Once cooled, gently lift out of the dish and slice into bars. Serve with whipped cream and an additional sprinkle of cinnamon or nutmeg.

Recipe: [minimalistbaker.com](http://minimalistbaker.com)

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