

Chocolaty Pumpkin Granola Bars

Serving Size 1 bar

Servings 12

Prep Time 10 minutes

Cook Time 30 minutes



Nutrition Information

Calories	145
Fat	4 g
Saturated fat	2 g
Polyunsaturated fat	0.3 g
Monounsaturated fat	0.3 g
Cholesterol	0 mg
Sodium	22 mg
Carbs	25 g
Protein	4 g
Fiber	5 g

Health Benefit

Low Fat

Enjoy this sweet and seasonal vegan treat

Ingredients

2 [chia "eggs"](#) (see directions)

1 can (15 oz) [pumpkin puree](#)

1 Tbsp [canola oil](#) or [melted coconut oil](#)

1/2 cup [brown sugar](#) or 1/4 cup [natural brown sugar substitute](#)

1 tsp [vanilla](#)

1 and 1/2 cups [rolled oats](#)

3/4 cup [whole grain flour](#)

2 tsp [cinnamon](#)

1/2 cup chopped [carob chips](#) or [dark chocolate chips \(non-vegan\)](#)

Directions

1. Preheat oven to 450°F.
2. For chia eggs: Grind 2 Tbsp chia seeds in blender for 30 seconds, then mix with 6 Tbsp water.

Let sit for 5 minutes and stir.

3. Mix together pumpkin puree, chia eggs, oil, sugar, and vanilla.
4. In separate large bowl, mix oats, flour, and cinnamon. Combine wet and dry ingredients. Fold in chocolate chips.
5. Add batter to lightly-oiled rectangular baking dish. Bake on bottom rack for 25-30 minutes. Let cool and cut into bars.
6. Handy Hint: Carob is a great vegan chocolate alternative. If you're not into a chocolaty flavor, try golden raisins, chopped walnuts or dates, or butterscotch chips.

Jackie Gentilesco