



Pumpkin Granola Bars With Walnuts and Currants

18 servings, 1 bar each

- 3½ cups rolled oats (for variation use rye flakes or combine them)
- ¾ cup roughly chopped walnuts
- 3 large, ripe bananas
- ⅔ cup unsweetened pumpkin puree
- ¾ cup dried currants or cherries
- 1 teaspoon pumpkin pie spice blend
- 2 tablespoons flax meal
- ⅛ teaspoon sea salt

Preheat oven to 350°. Line a 9 x 13 pan with parchment paper, overlapping the edge about 1 inch. Spread oats and nuts on baking sheet, and bake about 10 minutes until fragrant and toasty. In medium bowl, mash bananas with a fork and stir in pumpkin puree, until well combined. In a large bowl, transfer toasted oats and nuts, and mix in dried fruit, spice, flax meal and salt. Stir to combine. Stir the banana mixture into the dry mixture, mixing until well combined. Pour into prepared baking dish; press mixture evenly into the pan. Bake 30 minutes until golden brown and the sides start to pull from the pan. Cool completely before cutting into bars.

Per Serving:

- 141 Calories
- 5 gm Total Fat
- 1 gm Saturated Fat
- 64 mg Sodium
- 21 gm Carbohydrate
- 4 gm Fiber
- 3 gm Protein