



Pumpkin Cinnamon Chip Oatmeal Bars

Ingredients:

- 1/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1/4 cup light brown sugar
- 2 1/2 cups old-fashioned oats {not instant oats}
- 3/4 cup canned pumpkin
- 1/2 cup skim milk
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1/4 cup molasses
- 1/4 cup cinnamon chips

Directions:

Sift together flour, baking powder, salt and pumpkin pie spice in a large bowl. Add in oats and brown sugar and stir until combined. In a separate smaller bowl, combine pumpkin, milk, beaten egg, vanilla and molasses. Pour the liquid ingredients into the dry ones and mix completely. Fold in cinnamon chips.

Use aluminum foil and line an 8x8" pan. Spray the foil with non-stick spray. Spoon batter into pan. Bake at 350 for 30-35 minutes until done. Cool completely.

Cut into 16 squares. Store in refrigerator and warm before serving.

Serves 16 G-5, B-5, P-3