

Chocolaty Pumpkin Bars

Ingredients

1 cup flour
1 cup whole wheat flour
2 Tablespoons chopped walnuts
3/4 cup sugar
2 teaspoons baking powder
1 teaspoon cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
2 large eggs
2 large egg whites
1 (15-ounce) can 100% pure pumpkin
1/4 cup vegetable oil
1/4 cup 1% milk
1/3 cup mini chocolate chips
vegetable oil spray

Makes 40 servings

Instructions

1. Preheat oven to 350° F. Coat a 15x10x1-inch baking pan (jelly roll pan) with vegetable oil spray, set aside.
2. Whisk together the flour, whole wheat flour, walnuts, sugar, baking powder, cinnamon, baking soda, and salt in a large bowl.
3. In a separate bowl, combine the eggs, egg whites, pumpkin, oil, and milk. Add to the dry ingredients along with the chocolate chips and stir to combine.
4. Spread the batter evenly in the prepared pan and bake for 20-25 minutes or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack.

Note:

- For maximum freshness, store leftovers in a plastic container or zip-top bag in the refrigerator.
- May add 1/8 teaspoon nutmeg.

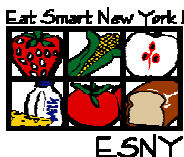
Nutrition Facts

Serving Size 1 bar	
Servings Per Container 40	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	
Vitamin A 35%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

32% calories from fat

Source: Adapted from: MealMakeoverMoms.

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