



Low Fat Pumpkin Bean Bars



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 2 bananas whole
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup pumpkin pure canned
- ☐ 0.3 cup maple syrup pure
- ☐ 0.5 cup oats instant
- ☐ 2 tbsp peanut butter
- ☐ 3.5 tsp pumpkin pie spice
- ☐ 15 ounces beans white (any)

Equipment

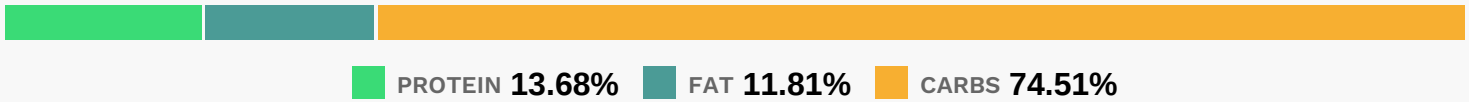
- ☐ food processor
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F.
- ☐ Drain and rinse beans.
- ☐ Combine all ingredients except oats (and cocoa if using) in a food processor, blending until smooth and creamy. Stir in oats (and cocoa if using) then transfer to a square baking dish.
- ☐ Bake for 30 minutes or until a toothpick inserted comes out clean and the center is firm to the touch. Allow to completely cool before slicing or eating (the bars firm as they cool). The pumpkin flavor also intensifies the next day (make in advanced if possible). Note: if you only have rolled oats, send them through your food processor first to chop them up so they are smaller and more granulated like instant oats.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 50g
 - ☐ Carbohydrate
 - ☐ 10gDietary Fiber8.10gSugars11gProtein12.40g

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:6.23, Inflammation Score:-9, Nutrition Score:10.698695815128%

Flavonoids

Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 181.57kcal (9.08%), Fat: 2.48g (3.82%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 30.48g (11.08%), Sugar: 15.57g (17.29%), Cholesterol: 0mg (0%), Sodium: 22.16mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.95%), Manganese: 0.92mg (46.08%), Vitamin A: 2136.81IU (42.74%), Fiber: 4.78g (19.11%), Magnesium: 55.53mg (13.88%), Iron: 2.44mg (13.57%), Potassium: 455.98mg (13.03%), Folate: 49.87µg (12.47%), Copper: 0.21mg (10.46%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 95.47mg (9.55%), Vitamin B6: 0.17mg (8.66%), Calcium: 70.79mg (7.08%), Zinc: 1.05mg (6.99%), Vitamin B1: 0.1mg (6.64%), Vitamin E: 0.97mg (6.47%), Vitamin B3: 0.84mg (4.21%), Vitamin K: 4.25µg (4.05%), Vitamin C: 3.01mg (3.65%), Selenium: 2.51µg (3.59%), Vitamin B5: 0.35mg (3.46%)