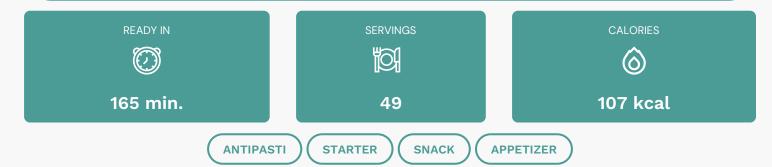


Pumpkin Bars (White Whole Wheat Flour)



Ingredients

- ____4 eggs
 - 2 cups granulated sugar
- 1 cup vegetable oil
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 cups flour whole wheat white
- 2 teaspoons double-acting baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
 - 0.5 teaspoon salt

).5 teaspoon ground ginger
	0.3 teaspoon ground cloves
3	oz cream cheese softened
	0.3 cup butter softened
1	teaspoon vanilla
	2 cups powdered sugar

Equipment

bowl
frying pan
oven
wire rack
hand mixer

Directions

Heat oven to 350°F. Lightly grease bottom and sides of 15x10x1-inch pan with shortening.

In large bowl, beat eggs, granulated sugar, oil and pumpkin with electric mixer on medium speed until smooth. Stir in flour, baking powder, cinnamon, baking soda, salt, ginger and cloves.

Spread in pan.

Bake 25 to 30 minutes or until golden brown. Cool completely in pan on cooling rack, about 2 hours.

In medium bowl, beat cream cheese, butter and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable. Frost bars.

Cut into 7 rows by 7 rows. Store covered in refrigerator.

Nutrition Facts

PROTEIN 4.82% 📕 FAT 26.11% 📙 CARBS 69.07%

Properties

Nutrients (% of daily need)

Calories: 106.62kcal (5.33%), Fat: 3.19g (4.91%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 17.76g (6.46%), Sugar: 13.03g (14.48%), Cholesterol: 15.11mg (5.04%), Sodium: 106.76mg (4.64%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.33g (2.65%), Vitamin A: 818.34IU (16.37%), Fiber: 1.26g (5.04%), Manganese: 0.06mg (3.2%), Calcium: 21.29mg (2.13%), Selenium: 1.44µg (2.06%), Vitamin B2: 0.03mg (1.99%), Iron: 0.31mg (1.72%), Phosphorus: 16.91mg (1.69%), Vitamin B5: 0.17mg (1.65%), Vitamin K: 1.72µg (1.64%), Folate: 4.91µg (1.23%), Vitamin E: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.07%)