



Pumpkin Pie Bites

READY IN



65 min.

SERVINGS

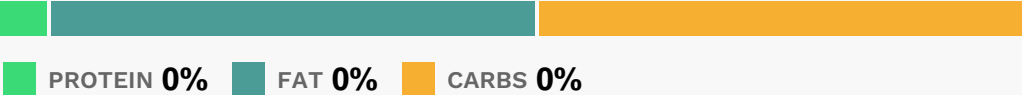


48

Directions

- Place 1/2 cup of the oats in a blender and crush them to a fine powder.
- Pour the oat flour into a medium mixing bowl and add the remaining oatmeal and the other dry crust ingredients.
- Add the apple sauce and water and stir until well-moistened. If necessary, add additional water a teaspoon at a time until all flour is moist.
- Place all the filling ingredients into a blender or food processor. Process until all ingredients are thoroughly combined.
- Mix the topping ingredients together and sprinkle on top of the filling.
- Bake for 40-45 minutes, until pumpkin is set in the middle.
- Remove from oven and run a non-metal knife or spatula around the edges. Cool for at least 15 minutes before cutting into 48 squares.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)