

The Natural Healing Center



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Grain-Free Pumpkin Bars

Adapted from Detoxinista.com

Ingredients:

- ½ cup pumpkin puree
- ½ cup almond butter
- ¼ cup honey
- 2 eggs
- 2 tsp. pumpkin pie spice
- 1 tsp. vanilla extract
- ¼ tsp. sea salt
- ½ tsp. baking soda

Preparation:

Preheat oven to 350F and grease an 8" x 8" pan generously with coconut oil or butter.

Combine all of the ingredients in a medium bowl and mix until a smooth batter forms. Transfer the batter to the greased pan and bake for about 30 minutes, until the edges are golden brown and the center is firm.

Allow to cool completely, then cut and serve.

Maple Walnut Topping

Ingredients:

- ¼ cup walnuts
- 3 Tbsp. pure maple syrup
- 2 Tbsp. coconut oil
- 1 tsp. vanilla extract
- 3 Tbsp. water
- Pinch of salt

Preparation:

Combine all of the ingredients in a high-speed blender and blend until smooth and creamy. Top pumpkin bars with a small dollop.

Enjoy!