

Healthy Harvest "Brownie" Bars:

Dry Ingredients

- 1 3/4 cups rolled oats (grind rolled oats about three minutes in a food processor until a flour forms)
- 1/2 cup pecans (pulse in food processor to crumbs)
- 3/4 cup unsweetened cocoa powder
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1/2 tsp cinnamon

Wet Ingredients

- 1 1/2 cups (about one can) pumpkin puree (not pumpkin pie filling)
- 3 flax eggs (3 tbs ground flax and 9 tbs water – let sit five minutes)
- 3/4–1 cup maple syrup (depending on how sweet you'd like them!)
- 1 tsp vanilla extract
- Optional: 1/2 dark chocolate bar broken into chunks or one cup chocolate chips

Directions: Make the flax "eggs" in a bowl. Combine all dry ingredients in a separate bowl. Add the flax egg and all other wet ingredients to the dry ingredients. Mix until combined. Pour the mixture into an 8x8 pan. Bake at 350 for 30 mins. Cool completely before serving.

