

HONEY OF A PUMPKIN BAR

USDA SNAP-Ed recipe Finder

<http://recipefinder.nal.usda.gov/>

& Montana State University Extension Service

<http://www.montana.edu/nep/recipes.htm>

Ingredients

- 1/3 cup dry milk, nonfat
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 2 1/2 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. allspice
- 1/2 tsp. nutmeg
- 1/3 cup vegetable oil
- 2/3 cup honey
- 1/2 cup orange juice
- 2 Tbsp. grated orange peel
- 2 eggs
- 1 cup mashed pumpkin

Instructions

1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray a 12 x 15 inch baking pan with sides.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, stirring until smooth.
5. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares.

Makes 30 servings (2 bars per serving)

Cost

Per Recipe: \$ 5.44

Per Serving: \$ 0.18

Nutrition Information per serving (30 servings)

Calories: 90

Calories from fat: 25

Total fat: 3g

Saturated fat: 0 g

Trans fat: 0g

Cholesterol 15mg

Sodium: 50mg

Total carbohydrate: 14g

Dietary fiber: 1g

Sugars: 7g

Protein: 2g

Vitamin A: 25%

Vitamin C: 4%

Calcium: 2%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center