



Classie and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



No Bake Vegan Pumpkin Bars (10 servings)

Ingredients

2 cups almond flour	1/4 tsp salt
3/4 cup whole ground flax meal	1/2 cup pumpkin puree
1/2 cup chopped raw walnuts	1/4 cup 100% pure maple syrup
1/2 teaspoon cinnamon powder	1/4 tsp vanilla extract
1/2 tsp nutmeg powder	1 ½ Tbsp brown sugar
1/4 tsp cardamom powder	1/4 cup crushed walnuts <i>(for topping)</i>

Preparation

- In a mixing bowl, combine the dry ingredients - except the crushed walnuts - mixing well with a spoon.
- Add pumpkin puree, maple syrup and vanilla extract. Mix it with a spatula, or your hands. It will be like a sticky dough.
- Prepare an 8 inch rectangular/square glass container with parchment paper. Spoon the dough into it and spread it evenly by pressing gently so it sets nicely. Top it with crushed walnuts.
- Cover it with a lid and let it rest in the freezer for about 20-25 minutes. Do not exceed 25 minutes.
- Take the container out of the freezer and place it on a counter. Gently pull out the parchment paper and place it on the flat surface. Using a sharp knife, cut into desired pieces.

(Notes)

- *Refrigerate the remaining bars in an air-tight glass container for up to a week.*
- *Fresh homemade, or canned, pumpkin puree can be used in this recipe.*
- *You can adjust the spices to your taste.*
- *These bars are mildly sweetened.*

(continued)



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Nutritional Information (258 calories per serving)

Carbohydrates:	115g	Fiber:	3g
Protein:	10g	Sugar:	2g
Fat:	20g	Vitamin A:	2383IU
Saturated Fat:	1g	Vitamin C:	1mg
Sodium:	73mg	Calcium:	64mg
Potassium:	32mg	Iron:	1mg

