No-Bake Pumpkin Pie Bars



SERVINGS: 9 | PREP TIME: 15 MINUTES | COOKING TIME: 0 MINUTES

INGREDIENTS

- **1.5 cup** [168 g] Almond Flour
- **6 tbsp** [81.6 g] Coconut Oil *(Melted, divided)*
- **1.5 cup** [375 g] Pumpkin Puree
- **0.25 cup** [80.5 g] Maple Syrup
- **1.5 tsp** [2.55 g] Pumpkin Pie Spice
- **1 tsp** [4.2 g] Vanilla Extract
- **2 tbsp** [18 g] Arrowroot Starch

DIRECTIONS

1. Mix almond flour and half the melted coconut oil, press into a parchment-lined loaf pan.
2. In a bowl, mix pumpkin puree, maple syrup, pumpkin pie spice, vanilla extract, arrowroot starch, and the remaining coconut oil.
3. Spread pumpkin mixture over crust, refrigerate 3+ hours until set. Optional: sprinkle the top of the bars with a little bit of cinnamon or pumpkin pie spice if you prefer a stronger spice flavor.

NUTRITION INFO

Energy : 236 Cal | Fat : 17.8 g | Carbs : 15.3 g | Protein : 5.6 g | Fiber : 3.9 g | Sugar : 8.1 g