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Pumpkin Oat Bars ♦♦

These delicious pumpkin oat bars are a perfect fall treat. They are made with a combination of pumpkin puree, oats, and warm spices. They are great for breakfast or as a healthy snack.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Pumpkin Puree
200 g	Rolled Oats
100 g	brown sugar
100 g	flour
100 g	butter

2 tsp	Cinnamon
1 tsp	Nutmeg
0.5 tsp	Salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the pumpkin puree, rolled oats, brown sugar, flour, butter, cinnamon, nutmeg, and salt. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Pressing

Press the mixture into a greased baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Bake for 25-30 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Cooling

Allow to cool before cutting into bars.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	3 g	7.89%	12%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Events

Christmas

Thanksgiving

Halloween

Valentine's Day

New Year

Back to School

Barbecue

Cuisines

Italian

Mexican

American

Nutritional Content

Low Calorie

Low Fat

Low Sodium

Kitchen Tools

Blender

Course

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Medium

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