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Pumpkin Protein Bars ♦♦

Pumpkin protein bars are a delicious and nutritious snack that can be enjoyed by vegetarians. These bars are made with pumpkin puree, protein powder, oats, and other wholesome ingredients. They are perfect for a quick breakfast or a post-workout snack.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Pumpkin Puree
100 g	protein powder
150 g	Oats
50 g	almond butter
50 g	honey

2 tsp	Cinnamon
1 tsp	vanilla extract
0.5 tsp	Salt
50 g	Pumpkin Seeds
50 g	dark chocolate chips

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, mix together the pumpkin puree, protein powder, oats, almond butter, honey, cinnamon, vanilla extract, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Fold in the pumpkin seeds and dark chocolate chips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Preparation

Spread the mixture evenly into a greased baking dish.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Baking

Bake for 25 minutes or until the edges are golden brown.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Cooling

Allow the bars to cool completely before cutting into squares.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 10 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	10 g	58.82%	58.82%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	6 g	21.43%	24%
Cholesterol	0 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Oven

Stove

Microwave

Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

High Vitamin C

High Iron

High Calcium

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Desserts

Salads

Snacks

Appetizers

Meal Type

Brunch

Snack

Difficulty Level

Medium

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