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## Keto Pumpkin Protein Bars ♦♦

These Keto Pumpkin Protein Bars are a delicious and healthy snack option for those following a ketogenic diet. Made with pumpkin puree, protein powder, and other low-carb ingredients, these bars are packed with flavor and nutrients. They are perfect for on-the-go snacking or as a post-workout treat.

**Recipe Type:** Standard

**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
100 g	protein powder
50 g	Almond flour
50 g	Coconut Flour
50 g	erythritol

<b>2 tsp</b>	pumpkin pie spice
<b>1 tsp</b>	vanilla extract
<b>0.5 tsp</b>	Salt
<b>2 quantity</b>	Eggs
<b>2 tbsp</b>	coconut oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large mixing bowl, combine the pumpkin puree, protein powder, almond flour, coconut flour, erythritol, pumpkin pie spice, vanilla extract, and salt.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

Add the eggs and coconut oil to the bowl and mix until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Preparation

Pour the batter into a greased baking dish and spread it evenly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Baking

Bake in the preheated oven for 25-30 minutes, or until the bars are set and lightly golden.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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### Step 6

#### Cooling

Remove from the oven and let cool completely before cutting into bars.

**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:** 7 g

**Protein:** 15 g

**Carbohydrates:** 8 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	4 g	10.53%	16%
Sugars	1 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	7 g	25%	28%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	4 mg	0.12%	0.15%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

**Seasonality**

Fall

**Events**

Christmas

Back to School

Picnic

## Cuisines

American

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

## Course

Appetizers

Desserts

Salads

Snacks

## Meal Type

Snack

Supper

## Difficulty Level

Easy

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