

Healthy Pumpkin Bars (THM - S, Gluten free, etc.)

Ingredients:

½ C pureed pumpkin
½ C almond butter
2 eggs
¼ tsp salt
½ tsp baking soda
2 tsp Pumpkin pie spice
1 tsp vanilla
½ C Erythritol + 2 doonks of stevia (doonk = 1/32 of a teaspoon)**
** or ½ C honey
2 Tbsp almond meal
¼-½ C sugar free chocolate chips (I love Lily's).

Method:

- Preheat oven to 350 degrees
- Mix all ingredients in a bowl
- Pour batter into greased 8x8 pan.
- Sprinkle chocolate chips on top.
- Bake for 30-45 minutes, or until toothpick comes out clean.
- Let cool in pan
- Enjoy!

Original Recipe from Detoxinista: <https://detoxinista.com/grain-free-pumpkin-bars/>