

# Pumpkin Oatmeal Bars

## Ingredients

- cooking spray, or some other fat like butter, coconut oil, or lard
- 1 (16 ounce) can pumpkin puree
- 1 cup brown sugar
- 2 eggs
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 2 tsp pumpkin pie spice, or the following
  - 1 teaspoon ground cinnamon
  - ½ teaspoon ground nutmeg
  - ½ teaspoon ground cloves
- 3 cups rolled oats
- 1 cup raisins \*

## Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x11-inch pan with cooking spray.
2. Combine pumpkin puree, brown sugar, and eggs in a large bowl; beat with an electric mixer until smooth and creamy.
3. Mix flour, baking soda, cinnamon, nutmeg, and cloves in a separate bowl. Slowly add flour mixture to pumpkin mixture until combined. Stir in oats and raisins. Spread batter evenly in the prepared pan.
4. Bake in the preheated oven until a fork inserted into the center comes out clean, 20 to 25 minutes. Allow to cool completely, then slice into 20 bars.

## Cook's Note:

\*You can substitute 1 cup of dates, raisins, walnuts, or chips (chocolate, cinnamon, butterscotch, etc.) for the raisins, or a mixture of any of these to make them your favorite!