

### Key

1. Original recipe
2. Added fiber
3. Reduced sugar
4. Reduced fat
5. All healthy additions: Added fiber, reduced sugar, and reduced fat

### Grocery List

	#1	#2	#3	#4	#5	Totals	
Eggs	2	1	2	3	3	11	Eggs
Ground Flax Seed (T)	-	1	-	-	-	1	Ground Flax Seed (T)
Sugar (C)	.75	.75	.5	.75	.5	3.25	Sugar (C)
Oil (C)	.5	.5	.5	.25	.25	2	Oil (C)
Pumpkin Puree (C)	.75	.75	.75	1	1	4.25	Pumpkin Puree (C)
All-purpose flour (C)	1	.5	1	1	.5	4	All-purpose flour (C)
Whole-wheat flour (C)	-	.5	-	-	.5	1	Whole-wheat flour (C)
Baking powder (t)	1	1	1	1	1	5	Baking powder (t)
Baking soda (t)	.5	.5	.5	.5	.5	2.5	Baking soda (t)
Cinnamon (t)	1	1	1	1	1	5	Cinnamon (t)
Salt (t)	.5	.5	.5	.5	.5	2.5	Salt (t)

### Pumpkin Bars #1

*Inspired by Paula Deen via Food Network*

#### **Ingredients**

- 2 eggs
- $\frac{3}{4}$  C sugar
- $\frac{1}{2}$  C vegetable oil
- $\frac{3}{4}$  C pumpkin puree
- 1 C all purpose wheat flour
- 1 t baking powder
- $\frac{1}{2}$  t baking soda
- 1 t cinnamon
- $\frac{1}{4}$  t salt

#### **Instructions**

1. Preheat oven to 350. Grease 8" square pan and set aside.
2. Beat together eggs, sugar, oil, and pumpkin until light and fluffy.
3. Mix dry ingredients in a separate bowl.
4. Add the dry ingredients to the moist ingredients and stir until smooth.
5. Spread batter into prepared pan.
6. Bake for 30 minutes or until toothpick inserted in center comes out clean.

### Pumpkin Bars #2

*Inspired by Paula Deen via Food Network*

#### **Ingredients**

- 1 egg
- $\frac{1}{4}$  C water
- 1 T ground flax seeds
- $\frac{3}{4}$  C sugar
- $\frac{1}{2}$  C vegetable oil
- $\frac{3}{4}$  C pumpkin puree
- $\frac{1}{2}$  C all purpose wheat flour
- $\frac{1}{2}$  C whole wheat flour
- 1 t baking powder
- $\frac{1}{2}$  t baking soda
- 1 t cinnamon
- $\frac{1}{4}$  t salt

#### **Instructions**

7. Preheat oven to 350. Grease 8" square pan and set aside.
8. Beat together egg, water, flax seeds, sugar, oil, and pumpkin until light and fluffy.
9. Mix dry ingredients in a separate bowl.
10. Add the dry ingredients to the moist ingredients and stir until smooth.
11. Spread batter into prepared pan.
12. Bake for 30 minutes or until toothpick inserted in center comes out clean.

### **Pumpkin Bars #3**

*Inspired by Paula Deen via Food Network*

#### **Ingredients**

- 2 eggs
- 1/2 C sugar
- 1/2 C vegetable oil
- 3/4 C pumpkin puree
- 1 C all purpose wheat flour
- 1 t baking powder
- 1/2 t baking soda
- 1 t cinnamon
- 1/4 t salt

#### **Instructions**

13. Preheat oven to 350. Grease 8" square pan and set aside.
14. Beat together eggs, sugar, oil, and pumpkin until light and fluffy.
15. Mix dry ingredients in a separate bowl.
16. Add the dry ingredients to the moist ingredients and stir until smooth.
17. Spread batter into prepared pan.
18. Bake for 30 minutes or until toothpick inserted in center comes out clean.

### **Pumpkin Bars #4**

*Inspired by Paula Deen via Food Network*

#### **Ingredients**

- 3 egg whites
- 3/4 C sugar
- 1/4 C vegetable oil
- 1 C pumpkin puree
- 1 C all purpose wheat flour
- 1 t baking powder
- 1/2 t baking soda
- 1 t cinnamon
- 1/4 t salt

#### **Instructions**

19. Preheat oven to 350. Grease 8" square pan and set aside.
20. Beat together eggs, sugar, oil, and pumpkin until light and fluffy.
21. Mix dry ingredients in a separate bowl.
22. Add the dry ingredients to the moist ingredients and stir until smooth.
23. Spread batter into prepared pan.
24. Bake for 30 minutes or until toothpick inserted in center comes out clean.

## **Pumpkin Bars #5**

*Inspired by Paula Deen via Food Network*

### **Ingredients**

- 3 egg whites
- ½ C sugar
- ¼ C vegetable oil
- 1 C pumpkin puree
- ½ C all purpose wheat flour
- ½ C whole wheat flour
- 1 t baking powder
- ½ t baking soda
- 1 t cinnamon
- ½ t salt

### **Instructions**

25. Preheat oven to 350. Grease 8" square pan and set aside.
26. Beat together eggs, sugar, oil, and pumpkin until light and fluffy.
27. Mix dry ingredients in a separate bowl.
28. Add the dry ingredients to the moist ingredients and stir until smooth.
29. Spread batter into prepared pan.
30. Bake for 30 minutes or until toothpick inserted in center comes out clean.