

Oat Pumpkin Protein Bars

Ingredients:

- 3 cups organic oatmeal
- 1 cup almond flour
- 1.5 scoops pumpkin protein
- 1 cup pumpkin puree
- 1 tbsp pumpkin emulsion
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ½ tsp baking powder
- 1 cup pumpkin protein milk (1 cup almond milk, ¼ cup pumpkin puree, 1 scoop protein powder, 1 tsp honey, all blended)
- 1/3 cup honey
- 1 egg
- ½ cup slivered almonds
- ½ cup seeds, preferably pumpkin or mixed seeds
- ½ cup raisins



Instructions

1. Preheat oven to 350 degrees.
2. Put oats in the food processor and pulverize until it is a flour. Add almond flour.
3. Mix all ingredients through the egg and whisk together
4. Add flour to the liquid
5. Mix in the almonds, seeds, and raisins.
6. Place in a glass baking pan, about 8/8 inches
7. Cook for 45 minutes
8. Cool and cut into squares.