

Pumpkin Cranberry Oatmeal Bars

These oatmeal bars combine warm pumpkin pie spices, tart cranberries, and pumpkin seeds into a tasty, quick, and easy baked good for fall. Dairy-free, nut-free, vegan, vegetarian, and gluten-free (if made with Quaker Gluten Free Oats).



Servings: 12



Prep time: 10 min

Cook time: 25-30 min



Ingredients

- 3 cup plus 1 tbsp Quaker® Oats (quick or old fashioned, uncooked), divided
- 2 tsp pumpkin pie spice or ground cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 can (15 oz) pumpkin puree (not pie filling)
- Non-nutritive sweetener equivalent to 1/2 cup sugar
- 1/4 cup canola oil
- 2 egg whites, beaten or equivalent refrigerated egg white product
- 1 tsp vanilla extract
- 1/3 cup unsweetened dried cranberries
- 1 tbsp pumpkin seeds



Instructions

- Heat oven to 325°F. Spray 9-inch square pan with cooking spray. Place 2 cups oats in food processor or blender.
- Process until finely ground. Add pumpkin pie spice, baking powder and baking soda to oats. Pulse a few times to combine well.
- In large bowl, combine pumpkin, sweetener, canola oil, egg whites and vanilla; stir to mix well. Stir in ground oat mixture.
- Add remaining 1 cup oats and cranberries. Spread evenly into pan. Sprinkle with remaining 1 tablespoon oats and the pumpkin seeds, pressing lightly.
- Bake 25 to 30 minutes or until tester inserted in center comes out clean.
- Cool completely in pan on wire rack. Cut into 12 bars.
- Store covered at room-temperature up to 2 days. Freeze leftovers.



Nutrition Info

Calories:	150
Total fat:	6 g
Saturated fat:	0.5 g
Cholesterol:	0 mg
Sodium:	105 mg
Total Carbohydrates:	21 g
Dietary Fiber:	7 g
Total Sugar:	4 g
Protein:	4 g

This recipe provides a good source of fiber (at least 3g of fiber per serving). Fiber from a diet rich in grains, fruits and vegetables helps keep things moving through the digestive tract. Experts recommend eating at least 25 to 30 grams of fiber a day from a variety of grains, fruits and vegetables to help support a healthy digestive system. A serving of oats provides 4 grams of fiber. See nutritional for fat content.

Source: [Quaker Oats Website](#)