



Pumpkin Cranberry Oatmeal Bars



SERVINGS

12



COOKING TIME

25-30 min

Pumpkin Cranberry Oatmeal Bars are a great go-to recipe when fall rolls around. These oatmeal bars are the perfect combination of warm pumpkin pie spices, tart cranberries, and pumpkin seeds for a wonderful baked good you can make in 30-minutes or less.

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 mix)
- 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

Cooking Instructions

1. Heat oven to 325°F. Spray 9-inch square pan with cooking spray. Place 2 cups oats in food processor or blender.
2. Process until finely ground. Add pumpkin pie spice, baking powder and baking soda to oats. Pulse a few times to combine well.
3. In large bowl, combine pumpkin, sweetener, canola oil, egg whites and vanilla; stir to mix well. Stir in ground oat mixture.
4. Add remaining 1 cup oats and cranberries. Spread evenly into pan. Sprinkle with remaining 1 tablespoon oats and the pumpkin seeds, pressing lightly.

5. Bake 25 to 30 minutes or until tester inserted in center comes out clean.
6. Cool completely in pan on wire rack. Cut into 12 bars.
7. Store covered at room-temperature up to 2 days. Freeze leftovers.