

Paleo Pumpkin Pie Bars

Dairy-free, paleo-friendly and tastes just like pumpkin pie! Drizzle with a coconut butter glaze and top with chopped pecans for the ultimate pumpkin indulgence.

🕒 Prep: 15 min Cook: 35 min Total: 50 min

👤 Servings: 16 squares

1x	2x	3x
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INGREDIENTS

For the Crust:

- 1½ cups almond flour
- ½ cup pecans, finely chopped
- 2 tsp. pumpkin pie spice
- ¼ tsp. baking soda
- Pinch of sea salt
- 3 Tbsp. unrefined coconut oil, melted
- ¼ cup pure maple syrup
- 1 tsp. pure vanilla extract

For the filling:

- 1¼ cup pumpkin puree
- ⅓ cup canned full-fat coconut milk (*may need to blend coconut milk if separated in can*)
- 2 whole eggs, whisked
- ¼ cup pure maple syrup
- 1 tsp. pure vanilla extract
- 2 tsp. pumpkin pie spice
- ½ tsp. baking soda
- ⅛ tsp. sea salt

Topping (optional):

- ¼ cup coconut butter, melted
- ¼ tsp. pumpkin pie spice
- ¼ cup pecans, chopped

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a small bowl, combine all of the crust ingredients. Mix until dough comes together.
3. For easy removal of bars, line a 9×9-inch pan with parchment so that the parchment falls over the edge of the pan. Evenly and firmly press the dough into the pan to form a crust. Bake in oven for 10 minutes.

4. Meanwhile, combine the pie filling ingredients in a medium bowl. Stir until smooth.
5. Once crust has finished baking, cool slightly. Then spread the pie filling evenly over the crust.
6. Return to oven and bake for 25-30 minutes until a toothpick inserted in the center of the pie comes out clean or center is firm to touch.
7. Remove bars from oven and allow to cool for 20 minutes or overnight is best.
8. For the topping: In a saucepan, over medium heat, melt the coconut butter until smooth and drizzly consistency.
9. Grab on to the edges of the parchment paper and carefully remove cooled bars carefully from pan. Drizzle with coconut butter and top with chopped pecans and a dusting of pumpkin pie spice.
10. Cut into 16 squares.

NOTES

Store bars in an airtight container in the the refrigerator for up to 2 weeks.

NUTRITION INFORMATION

Serving Size: 1/16 of recipe Calories: 140 Fat: 11 g Sodium: 90 g Carbohydrate: 9 g
(Fiber: 2 g Sugar: 5 g) Protein: 2 g

DIETARY

Dairy-Free Gluten-free Grain-Free Paleo Vegetarian

© The Real Food Dietitians Recipe By: Stacie Hassing

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