

Paleo Pumpkin Chocolate Chip Bars

🕒 Prep: 10 mins Cook: 17-20 mins Total: 27-30 mins

👤 Servings: 16 bars

1x	2x	3x
----	----	----

INGREDIENTS

- 1½ cup (155 grams) King Arthur Paleo Flour*
- ½ cup coconut sugar
- ½ tsp. baking soda
- ¼ tsp. salt
- 1½ tsp. pumpkin pie spice
- ¼ cup coconut oil, melted
- ½ cup pumpkin puree
- ¼ cup pure maple syrup
- 1 whole large egg, whisked**
- 1½ tsp. pure vanilla extract
- 1 cup chocolate chips, divided (dairy-free for vegan)

INSTRUCTIONS

1. Preheat oven to 350°F. Grease a 9×9-inch square baking pan, set aside.
2. In a large mixing bowl, add all of the ingredients except for chocolate chips. Stir to combine.
3. Gently fold in ¾ cup chocolate chips.
4. Transfer dough to prepared baking pan. Spread batter into the pan. Top with remaining chocolate chips.
5. Bake in preheated oven for 17-20 minutes or until the center is firm to touch.
6. Remove from the oven and let cool. It's best to let the bars cool completely (*read: several hours*) before slicing into 16 squares.

NOTES

*May sub 1 cup almond flour + ¼ cup coconut flour + ¼ cup cassava flour

**For Egg-Free or Vegan substitute 1 flax “egg” (1 Tbsp. flax meal + 2½ Tbsp. warm water and let sit 10 minutes while it thickens).

NUTRITION INFORMATION

Serving Size: 1 bar Calories: 185 Fat: 8g Sodium: 186mg Carbohydrate: 26g (Fiber: 2g)

Sugar: 15g) **Protein:** 3g

DIETARY

Dairy-Free **Egg-Free** **Gluten-free** **Grain-Free** **Paleo** **Vegetarian**

© The Real Food Dietitians **Recipe By:** Stacie Hassing

Find it online: <https://therealfooddietitians.com/paleo-pumpkin-chocolate-chip-bars/>

DO NOT SELL OR SHARE MY PERSONAL INFORMATION