



Chocolate Chip Pumpkin Bars



Ingredients

1 cup	All-purpose flour
1 cup	Whole-wheat flour
1 cup	Pecans, finely chopped
3/4 cup	Sugar
2 tsp	Baking powder
1 tsp	Cinnamon
1/2 tsp	Baking soda
1/2 tsp	Salt
4	Eggs
15 oz can	Pumpkin puree
1/2 cup	Canola oil
1/4 cup	Low-fat milk
1/2 cup	Semi-sweet chocolate chips

Supplies & Equipment

- Two medium mixing bowls
- Measuring cups and spoons
- Whisk
- Mixing spoon or spatula
- 9" x 13" baking pan
- Oven mitts

Directions

1. Preheat oven to 350°F and grease 9" x 13" baking pan with nonstick cooking spray.
2. Whisk flours, pecans, sugar, baking powder, cinnamon, baking soda, and salt in a medium mixing bowl until well combined.
3. In another mixing bowl, whisk together eggs, pumpkin, oil, and milk.
4. Pour wet ingredients into dry ingredients and stir until just combined.
5. Mix in chocolate chips.
6. Pour batter into greased pan and bake for 25–30 minutes, until a toothpick inserted in the center comes out clean.
7. Let cool. Then slice into 16 bars. Enjoy!

*Recipe found at eatright.org

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