

## Whole Foods Pumpkin Bars



Mix the following "wet" ingredients in a large bowl:

- 2 cups pumpkin puree
- 1/2 cup applesauce
- 1/4 cup coconut oil
- 1 cup honey
- 4 eggs
- 1 teaspoon vanilla

Mix these dry ingredients in a separate bowl:

- 2 cups multi-grain flour (or flour of your choice)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons pumpkin pie spice

### Instructions:

Stir the dry ingredients into the wet until well incorporated, pour into a greased 9 x 13 pan and bake at 350 degrees for 60 minutes or until a toothpick comes out clean. Once cool frost with Cream Cheese Frosting and sprinkle with pumpkin pie spice.

### Cream Cheese Frosting

- 8 oz. package cream cheese, softened
  - 1/3 cup pure maple syrup
- Blend until smooth and creamy.