

# Gluten-free Pumpkin Bars

Created by Matt St. Onge, FSHN graduate student

## Ingredients:

2 tablespoons plus 2 teaspoons water

1 egg

½ cup pumpkin pie filling

½ cup canola oil

¼ cup tapioca flour

¼ cup arrowroot flour

½ cup brown rice flour

¾ cup sugar

¼ teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

1 teaspoon xanthan gum

¼ teaspoon each: ground cloves, nutmeg, cinnamon or ¾ teaspoon allspice

Cinnamon-sugar, powdered sugar or frosting of your choice

## Directions:

Preheat oven to 350°F.

Mix together wet ingredients. Add dry ingredients and stir well.

Pour into a greased 9x13” glass pan and bake for 20 to 25 minutes or until a toothpick comes out clean. Let cool.

Yield: 24 bars

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

## Nutrition Facts

Serving Size 2" bar (25g)  
Servings Per Container 24

Amount Per Serving

**Calories** 100    **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g    **8%**

**Saturated Fat** 0g    **0%**

**Trans Fat** 0g

**Cholesterol** 10mg    **3%**

**Sodium** 95mg    **4%**

**Total Carbohydrate** 13g    **4%**

**Dietary Fiber** 1g    **4%**

**Sugars** 6g

**Protein** 1g

**Vitamin A** 10%    • **Vitamin C** 0%

**Calcium** 0%    • **Iron** 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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