

# Health(ier) Cookies for the **Holidays**: **Pumpkin Pie Bars**

## Ingredients

1 1/2 c. oats  
1/2 c. pecans  
1/4 c. butter  
1/4 c. applesauce  
  
8 oz low fat or  
greek cream cheese  
15 oz canned pumpkin  
3 eggs  
1 cup fat free evaporated milk  
1/2 c. + 2 Tbsp brown sugar  
2 Tbsp milk powder  
2 tsp corn starch  
2 tsp cinnamon  
1 tsp ginger  
1/2 tsp nutmeg

## Directions

Preheat oven at 350 F.

- Combine oats and brown sugar in a mixing bowl and stir to combine. Add the cubed butter to the bowl and squeeze into the other ingredients using your hands until a coarse breadcrumb like texture is achieved and everything is combined.
- Transfer ingredients into a 9 x 13 baking pan and press down. Place in oven and bake for 12 min.
- In the meantime, combine remaining ingredients in mixing bowl.
- Once the base has finished baking, remove from the oven and pour the pumpkin filling on top. Place back in the oven and bake for 30 min. or until pumpkin filling has set. It should be a little firm to the touch.
- Cool, portion, and store in the fridge or freezer, individually wrapped.

Makes 24 small bars. **115 Calories per cookie.**



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