



From the Kitchen of Executive Chef Jessica VanRoo

Pumpkin Spiced Mummy Bars

Makes 12 bars

264 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

These tasty breakfast bars build on the benefits of pumpkin with oats and chia seeds, both of which are loaded with fiber, vitamins, essential minerals, antioxidants and all-important protein.

Oats are also known to lower levels of blood sugar and bad cholesterol. And because they absorb water, they are digested more slowly, increasing a sense of fullness and improving bowel health.

Chia seeds — which are native to Mexico and Guatemala and were a staple of ancient Mayan and Aztec diets — are loaded with heart-healthy omega-3 fatty acids and contain all nine amino acids, making them an important plant-based protein.

Total cost: \$8.91 /\$.74 per serving



From the Kitchen of Executive Chef Jessica VanRoo

Pumpkin Spiced Mummy Bars

Ingredients

- 1 cup milk (any kind)
- ½ cup pumpkin purée
- ½ cup pure maple syrup
- ¼ cup coconut oil, melted
- 1 egg
- 1 teaspoon vanilla
- 1 cup oat flour, minus 1 teaspoon
- 1 ½ cups old-fashioned oats
- 2 tablespoons chia seeds
- 1 teaspoon pumpkin pie spice
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup pecan halves, roughly chopped
- 1 cup white chocolate, melted
- 24 chocolate chips for "mummy" eyes (Edible candy eyes found at local home goods or craft stores also work.)



From the Kitchen of Executive Chef Jessica VanRoo

Pumpkin Spiced Mummy Bars

Instructions

1. Preheat oven to 350 degrees and coat 8-inch x 8-inch square baking pan with nonstick spray or butter. (You may use a 9-inch round pan, but making mummies will be a little harder!)
2. In a large bowl, combine milk, pumpkin, syrup, coconut oil, egg and vanilla. Whisk well to mix.
3. In another bowl, blend oat flour, oats, chia seeds, spices, baking powder, baking soda and salt. Then combine with wet ingredients.
4. Mix just until combined. Do not overmix.
5. Fold in pecans, then pour mixture into prepared pan.
6. Bake 35-40 minutes, checking frequently after 25 minutes.
7. If the edges are browning but the middle is still wet, cover pan with foil to continue baking.
8. When the middle has set, remove from oven.
9. Cut into 12 bars when cool.
10. While the batter is baking, place white chocolate in microwave-safe dish.
11. Set microwave to 50% power and heat chocolate for 30 seconds.
12. Stir, then heat for another 30 seconds at 50% power. Repeat until chocolate is fully melted.
13. Put melted chocolate in a piping bag and spread in lines across the individual bars to create the "mummy" effect.
14. Gently press two chocolate chips or candy eyes into the white chocolate at the top of each bar.

Place on a decorative Halloween or Día de los Muertos platter and serve!

Page 3