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Carrie's Pecan Pumpkin Pie Bars

Crust:

1/2 cup almond flour
**1/2 cup Carrie's Master Baking Mix (or other GF baking mix)
1/2 cup gluten free oats or flaked quinoa
1 tablespoon brown sugar
1/4 cup softened butter -or- heart healthy margarine -or- coconut oil

Filling:

1/2 cup turbinado sugar (or regular sugar)
2 cups pure pumpkin puree
1 cup skim milk -or- evaporated milk -or- coconut milk
2 large eggs
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 teaspoon ground cloves
1/4 - 1/2 teaspoon ground ginger

Topping:

1/2 cup pecans, chopped
1/4 cup turbinado sugar (or regular sugar)

Whipped Cream or Ice Cream

Directions:

For Crust: Combine all crust ingredients until mixture is crumbly. (This took several minutes using a fork to combine until crumbly.) Press mixture into a greased 13x9" baking pan.

For Filling: Combine all filling ingredients into a large bowl and whisk together until thoroughly combined. Pour pumpkin pie filling over crust.

For Topping: Combine chopped pecans and sugar in a small bowl. Sprinkle pecan topping over pumpkin pie filling.

Heat oven to 350 degrees. Bake for 40-50 minutes or until a knife inserted in the center of the bars comes out clean.

Let cool completely before cutting. Makes 16 pecan pumpkin pie bars! Top with whipped cream or ice cream and enjoy!!



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