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HARVEST SPICE PUMPKIN BARS

SERVINGS: 80 SERVINGS CALORIES: 100 KCAL

This delicious dessert is a highlight of the Fall menu! Students enjoy the classic pumpkin pie flavor, moist texture and beautiful color. A great farm-to-school recipe to use with fresh pumpkins!

INGREDIENTS

4 cups Pumpkin Puree (see recipe below)
 2½ teaspoons Baking soda
 2½ teaspoons Baking powder
 2 teaspoons Salt, kosher
 2 teaspoons Cinnamon
 5 cups Flour white whole wheat
 1 cup Eggs liquid
 2⅓ cups Sugar granulated
 1½ cups Margarine spread
 2 teaspoons Pumpkin pie spice
 1 teaspoon Clove ground
 1 cup Sugar powdered

INSTRUCTIONS

TO PREPARE 4 CUPS OF PUMPKIN PUREE YOU WILL NEED 3.5 POUNDS OF FRESH PUMPKIN:

1. Using serrated knife cut off the stem of the pumpkin.



2. Cut the pumpkin in half and scoop out the seeds



3. Spray the flesh side of the pumpkin with pan spray and place facing flesh side down on parchment-lined baking sheets.



4. Roast the pumpkin at 325° F for approx. 45 minutes or until the pumpkin is fork-tender.
5. Remove from the oven and scoop out the pumpkin puree. Note - if any large lumps are present, pulse the puree in the food processor until smooth.



6. Spread puree on sheet trays and cool in the walk-in on the top shelves at the back of the cooler. Note - store pumpkin at 41° F or lower until use.

This step may be done in advance and puree held in the cooler or freezer. Completely thaw before use.

FOR THE HARVEST SPICE PUMPKIN BARS:

1. Combine all ingredients, except the powdered sugar, using the VCM or large mixing bowl or mixer.
2. Mix until ingredients are well combined.
3. Pour the batter into baking sheets lined with parchment paper and sprayed with pan spray.
4. Bake at 350° F until bars are baked through, approx. 25 minutes.
5. Allow bars to cool completely. Sprinkle lightly, almost dusting, with powdered sugar and cut each sheet pan into 8x10 squares for service.



RECIPE NOTES

Hold for service at 140° F or higher until turned over to time for service. Once items are turned over to time, they must be sold, served or discarded within 4 hours.

Do not reheat.

Crediting: 1/4 oz. eq. grain

NUTRITION FACTS PER SERVING (35G)

Calories: 100 kcal | Fat: 3.5 g | Saturated fat: 0.5 g | Polyunsaturated fat: 1 g | Monounsaturated fat: 1.5 g | Cholesterol: 10 mg | Sodium: 135 mg | Potassium: 47 mg | Carbohydrates: 14 g | Fiber: 1 g | Sugar: 8 g | Protein: 2 g | Vitamin C: 1 % | Calcium: 15 % | Iron: 1 %

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 4384

