

Peter Pumpkin Squares

Rating: ★★★★★

Makes: 24 servings

Ingredients

- 1 can pumpkin (16 ounces)
- 1 1/2 cups brown sugar
- 4 egg
- 3/4 cup oil (cooking)
- 1 1/2 cups flour (all-purpose)
- 1 1/2 cups rolled oats
- 1 tablespoon cinnamon (ground)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- margarine or butter (to grease the pan)

Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	8 g	12%
Protein	3 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	110 mg	5%