

Honey of a Pumpkin Bar

Rating: ★★★★★

Makes: 30 servings

Ingredients

1/3 cup dry milk, non-fat
2 cups flour (all purpose)
1 teaspoon baking soda
2 1/2 teaspoons cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
1/2 teaspoon nutmeg
1/3 cup vegetable oil
2/3 cup honey
1/2 cup orange juice
2 tablespoons orange peel (grated)
2 egg
1 cup pumpkin (mashed)

Directions

1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray a 12 x 15 inch baking pan with sides.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, stirring until smooth.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	90	
Total Fat	3 g	5%
Protein	2 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	50 mg	2%

5. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares.