

Cranberry Pumpkin Squares

Makes: 12 servings
Prep time: 20 minutes
Bake time: 20-25 minutes



Adapted from: Better Homes and Gardens



Greater Cleveland
Food Bank

INGREDIENTS

- Cooking oil spray
- 1-1/2 cups all-purpose flour
- 3/4 cup quick oats
- 1/4 cup brown sugar, packed
- 1-1/2 tsp baking powder
- 1/2 tsp baking soda
- 1-1/2 tsp pumpkin pie spice (1/2 cinnamon, 1/4 nutmeg, 1/4 ginger, dash allspice and clove)
- 1/4 tsp salt
- 2 eggs
- 3/4 cup canned pumpkin
- 3/4 cup buttermilk, milk or plain kefir
- 3 Tbs vegetable oil (may use 1/2 applesauce)
- 1/2 cup cranberry pieces (dry or fresh)
- Pecans or pumpkin seeds (optional: add before baking)

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DIRECTIONS

1. Pre-heat oven to 375F; spray 9"x13" pan with oil spray.
2. Mix flour, oats, sugar, baking soda, salt and spices in a bowl.
3. Mix eggs, pumpkin, milk and oil in another bowl.
4. Combine wet and dry ingredients; stir until just moist.
5. Fold in cranberries; pour batter in baking pan.
6. Bake for 20 minutes, or until toothpick inserted in center comes out clean; cool before cutting.

Notes: Pumpkins' orange flesh comes from high beta-carotene, an antioxidant that helps decrease risk of heart disease and other conditions. Both pumpkin flesh and seeds are rich in lots of other micronutrients and fiber.

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