

PUMPKIN BARS

With Vanilla Cream Cheese
Frosting!!

A tasty pumpkin treat the whole family will love! Feeds up to 24.

Pumpkin Bars:

- 4 farm fresh eggs
- 1 & 2/3 cup organic raw cane sugar
- 2/3 cup melted coconut oil
- 1 15oz can pumpkin
- 2 cups organic flour
- 1 & 1/2 tsp saigon cinnamon
- 1 tsp baking soda
- 2 tsp baking powder
- 1/2 tsp salt
- 1 tsp vanilla extract

Pre heat your oven to 350 degrees. Mix ingredients well and place on sheet pan. Bake for 25 minutes. Allow pumpkin bars to cool to room temperature before frosting.

Vanilla Cream Cheese Frosting:

- 4 tbsp Kerrygold butter
- 1 8oz pack of organic cream cheese
- 1/3 cup honey
- 1tsp vanilla extract

Mix well on high speed. You may top with crushed walnuts, pecans or cinnamon. Enjoy!

