



## Blender Banana Pumpkin Paleo Bars

9 servings

20 minutes

### Ingredients

2 Banana  
2 1/2 cups Pureed Pumpkin  
3 Egg  
3/4 cup Bob's Red Mill Paleo Baking Flour  
1/2 cup Pitted Dates (About 5 dates)  
1 tbsp Pumpkin Pie Spice  
1/2 tsp Sea Salt  
1/2 tsp Baking Soda  
1 tsp Vanilla Extract

### Directions

- 1 Preheat oven to 350F. Line the bottom of a 6" square baking dish/cake pan with parchment paper.
- 2 In a food processor blend all ingredients until completely smooth. Then pour the batter into a parchment paper lined 6" square baking dish/cake pan.
- 3 Bake on 350F for about 20 minutes until golden. You will know they are done when a toothpick inserted into the center comes out clean.
- 4 Stored in the freezer after 1 day.

### Nutrition

Amount per serving	
Calories	97
Fat	2g
Carbs	18g
Fiber	3g
Protein	3g