

# Pumpkin Granola Bars

Yield: 12 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-breakfast-recipe>

## Ingredients:

- 3 cups old fashioned oats
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 3/4 cup light brown sugar packed
- 1/2 cup pumpkin puree
- 1/4 cup applesauce sweetened or unsweetened, your choice
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup dried cranberries
- 1/2 cup white chocolate chips
- 1/2 cup pecans chopped
- 1/4 cup pumpkin seeds shelled

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 54 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 3 grams
7. Sodium: 240 milligrams
8. Sugar: 27 grams

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