

## Vegan Pumpkin Bars

Link for credit: <https://www.loveandlemons.com/pumpkin-bars-recipe/>

### Ingredients

- ¼ cup ground flaxseed
- ¼ cup plus 2 tablespoons warm water
- ¾ cup all-purpose flour
- ¾ cup almond flour
- 1 tablespoon pumpkin pie spice
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 1 cup canned pumpkin puree
- 2 tablespoons melted coconut oil
- ⅓ cup maple syrup
- 1 teaspoon vanilla extract
- vegan chocolate chips, optional for sprinkling

### Vegan Cream Cheese Frosting

- 4 ounces vegan cream cheese
- 1½ tablespoons vegan butter, slightly softened
- 2 cups powdered sugar, more for a stiffer frosting, sifted if lumpy
- ⅛ teaspoon pure vanilla extract

Tips: If gluten free, use gluten free all-purpose flour and increase baking time to 25-28 minutes. If not vegan, use cow's milk, dairy based butter, one egg or other egg substitute to replace the flaxseed and dairy based cream cheese. Make sure the bars are completely cool before adding the vegan cream cheese icing, otherwise the icing will become more liquid than solid.

### Directions

1. Preheat the oven to 350°F and lightly grease an 8x8-inch baking dish.
2. In a small bowl, combine the flaxseed and the water and set aside for 5 minutes to thicken.
3. In a large bowl, combine the all-purpose flour, almond flour, pumpkin pie spice, baking powder, baking soda and salt.
4. In a medium bowl, whisk together the pumpkin, coconut oil, maple syrup, vanilla and the flaxseed mixture.
5. Pour the wet ingredients into the bowl of dry ingredients and stir until just combined. Spread into the baking dish (the batter will be thick) and bake for 20 to 23 minutes or until a toothpick comes out clean. Let the cake cool completely before frosting or slicing.
6. While the cake cools, make the frosting: In a large bowl, beat the cream cheese and butter with an electric mixer until smooth. Add the vanilla and powdered sugar. Mix until smooth.

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