



# Whole Grain-Rich Pumpkin Bar

This pumpkin bar made with sorghum flour is great as a grain menu option.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Kansas State Department of Education*

**Preparation Time:** 30 minutes

**Cook Time:** 15 minutes

**NSLP/SBP crediting information:**

One 2" x 3 ½" bar provides 1 oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pumpkin, canned	1 lb 7 ½ oz	2 cups 2 Tbsp	2 lb 15 oz	1 qt 1 ¾ cups	<ol style="list-style-type: none"> <li>1. Preheat convection oven to 325 °F.</li> <li>2. Prepare half sheet pans (13" x 18") by spraying with cooking spray or lining with parchment paper.  For 50 servings, use 2 half sheet pans plus 1 cake pan (9" x 13").  For 100 servings, use 5 half sheet pans.</li> <li>3. In a mixing bowl, mix pumpkin, sugars, egg, oil, and vanilla.</li> </ol>
Sugar, white granulated	1 lb 2 ⅞ oz	2 ½ cups	2 lb 4 ¼ oz	1 qt 1 cup	
Sugar, brown	1 lb 6 oz	1 qt 2 Tbsp	2 lb 12 oz	2 qt ¼ cup	
Eggs, whole, fresh	1 lb 2 oz	10 each	2 lb 4 oz	20 each	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla extract	1 ⅛ oz	2 ¼ Tbsp	2 ¼ oz	¼ cup 1 ½ tsp	
Oil, vegetable	2 ½ oz	⅓ cup	5 oz	⅔ cup	
Salt, table	1 oz	1 Tbsp 1 ½ tsp	2 oz	3 Tbsp	<b>4.</b> In a separate bowl combine salt, pumpkin pie spice, baking soda, sorghum flour, and oats.
Spice, pumpkin pie	½ oz	2 Tbsp	1 oz	¼ cup	<b>5.</b> Add dry ingredients to the wet ingredients and thoroughly combine.
Baking soda	⅞ oz	2 Tbsp	1 ¾ oz	¼ cup	
Flour, sorghum, whole grain	1 lb 3 ½ oz	1 qt ¾ cup 1 Tbsp	2 lb 7 oz	2 qt ¾ cup	
Oats, rolled, quick, dry	10 oz	3 ¾ cups 2 Tbsp 1 ½ tsp	1 lb 4 oz	1 qt 3 ¾ cups 1 Tbsp	
White chocolate chips	1 lb 3 oz	3 cups	2 lb 6 oz	1 qt 2 cups	<b>6.</b> Add white chocolate chips and mix. Let batter sit for 15 minutes. <b>7.</b> Divide batter into prepared pans. <b>8.</b> Bake for 12-15 minutes. Do not overcook! Allow to cool. Cut each 13" x 18" half sheet pan 4 x 5 (20 bars per pan). If using a 9" x 13" cake pan, cut 2 x 5 (10 bars per pan). <b>9.</b> Serve one 2" x 3 ½" bar.



**WHOLE GRAIN-RICH PUMPKIN BAR  
NUTRITION INFORMATION**

For one 2" x 3 1/2" bar

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>240</b>
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<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2.5 g
Cholesterol	37 mg
<b>Sodium</b>	<b>386 mg</b>
<b>Total Carbohydrate</b>	<b>43 g</b>
Dietary Fiber	1.7 g
Total Sugars	18.2 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	54.7 mg
Iron	1.1 mg
Potassium	N/A

N/A=data not available.

**NOTES**

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 2 half sheet pans (13" x 18") and 1 cake pan (9" x 13")	About 5 half sheet pans (13" x 18")

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

