

Pumpkin Bars, Whole Wheat

Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 45

| Ingredients | 60 Servings | | Servings | | Directions |
|--|---------------------|--------------------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Sugar, granulated Vegetable Oil Salt | 1 lb + 7 oz 7 oz | 1 ¾ tsp | | | 1. Mix sugar, oil and salt in a mixer with a paddle attachment for 8 minutes. Mixture will appear grainy. |
| Pumpkin, canned | 2 lb + 6 oz | 1 qt + ¾ cup | | | 2. Add pumpkin and mix for 2 minutes. Scrape down sides of bowl. |
| Eggs, whole, raw | 12 oz | 7 large | | | 3. Slowly add eggs. Scrape down sides of bowl. |
| Milk, lowfat, 1% | 1 lb + 4 oz | 2½ cup | | | 4. Slowly add milk. Scrape down sides of bowl. |
| Flour, white whole wheat Baking Powder Baking Soda Cinnamon, ground Nutmeg, ground | 2 lb | 1 Tbsp 1¾ tsp 2½ tsp 2½ tsp | | | 5. In a separate bowl, mix flour, baking powder, baking soda, cinnamon and nutmeg. 6. Add to above mixture. Mix at low speed for 1 minute. |
| Pan Release Spray | | | | | 7. Spray an 18"x26"x1" sheet pan(s) with pan release spray. Divide batter equally among pan(s) and distribute batter evenly in each pan. (Approximately 6 pounds per pan and one pan for every 60 servings.) 8. Bake until lightly browned: * Conventional oven: 350°F for 40 minutes * Convection oven: 325°F for 30-35 minutes Turn pans half-way through baking to cook evenly, if needed. |
| | | | | | 9. Cool and cut each pan 6 X 10. |

Pumpkin Bars, Whole Wheat, continued

| Ingredients | 60 Servings | | Servings | | Directions |
|--|-------------|--|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Powdered Sugar Vanilla Water, cold | 8 oz | 1½ cups 2½ tsp 2 Tbsp + 2 tsp | | | 10. Mix powdered sugar, vanilla and water to make a glaze. Add just enough water to make the glaze pourable. 11. As close to serving time as possible, drizzle the glaze in random lines over the pumpkin bars. Use about 10 tablespoons (almost ¾ cup) of glaze per 18' x 26' pan. Glaze disappears into the bars as they sit. Options and Tips: <ul style="list-style-type: none"> ▪ Powdered sugar may be lightly sifted over the bars in place of the glaze. ▪ Put the glaze in a squirt bottle or drizzle from a spoon. ▪ A thicker glaze takes longer to soak into the bars. ▪ This recipe is an excellent source of vitamin A. It may be served as a breakfast bar to increase vitamin A at breakfast. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|-------------|
| 1 each | 1.0 unit G/B | 1 sheet pan |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 158 | Vitamin A | 2847 IU | Iron | 0.95 mg |
| Protein | 3.28 gm | Vitamin C | 0.76 mg | Calcium | 40.79 mg |
| Carbohydrate | 27.74 gm | Fiber | 2.22 gm | Cholesterol | 22.21 mg |
| Fat | 4.43 gm | % Fat | 25.28 % | Sodium | 144.1 mg |
| Saturated Fat | 0.84 gm | % Saturated Fat | 4.80 % | | |

Variation: Chocolate Pumpkin Bar: Follow steps 1-6, adding 1 ¾ cup cocoa powder per 60 servings in step 6. Follow steps 7-11.