



Eat Well

Pumpkin Cake Squares

Directions

Preheat oven to 350F. Grease an 8X8 non-stick pan. Combine dry ingredients in one bowl and wet in another. Incorporate wet into dry. Do not overmix. Fold in half the chocolate chips. Spread batter evenly into the pan, sprinkle the other half chocolate chips. Bake for 18-20 minutes or until toothpick comes out clean. Carefully transfer to a cooling rack. Cut into 16 small squares.

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Ingredients

- » 1 cup (90g) rolled oats
- » 3/4 cup (45g) vanilla protein powder (used Thorne Vanilla Whey Protein)
- » 1/4 cup (24g) ground flaxseed
- » 1 Tbsp pumpkin pie spice
- » 1 tsp cinnamon
- » 1 tsp baking powder
- » 1 tsp baking soda
- » 1/2 teaspoon salt
- » 2 Tbsp (28g) mini chocolate chips, divided

- » 1 cup (240g) pumpkin puree
- » 3 Tbsp (45mL) pure maple syrup
- » 1/2 cup (4 oz) unsweetened almond milk or milk of choice

