

# Dark Chocolate Cranberry Oatmeal Pumpkin Bars

## (Vegan/Gluten-Free)

**Prep time:**

10 minutes

**Cooking time:**

15 minutes

**Yields:**

8 people

**Ingredients:**

1 ¾ cups gluten free oat flour

1/2 tsp salt

1 tsp baking powder

1/2 tsp pumpkin pie spice

1/4 cup gluten free rolled oats

1/2 cup coconut sugar

1 cup dark chocolate chips or chunks

1 cup dried cranberries

1/2 cup melted coconut oil (80g)

1 cup canned or pureed pumpkin

2 1/4 tsp pure vanilla extract (10g)

¼ cups pure maple syrup

**Directions:**

Preheat the oven to 325 degrees. Line the bottom of an 8-inch square pan with parchment paper. Set aside. In a large mixing bowl, stir together the first 8 ingredients. In a separate bowl, whisk all remaining ingredients. Pour wet over dry, and stir to form a batter. Spoon batter into the prepared pan. Bake 25 minutes. They will still look undercooked when you take them out, but this is okay. They continue to cook as they cool. Let cool for 20 minutes. Makes 15-24 squares, depending on how large you cut them.