



PUMPKIN OATMEAL BARS

These are a healthy alternative to many common cookie recipes. Whole-wheat flour, oats, pumpkin, and ground flaxseed add soluble and insoluble fiber, along with the phytochemical and antioxidant benefits of the added spices. Great selections for an after dinner dessert or midday snack. Flaxseed can be omitted if experiencing gas, bloating, or diarrhea.

Yield: 40 square bars or 48 cookies

INGREDIENTS:

- 2 cups whole-wheat flour
- 1 ½ cups rolled oats
- 1 tsp. baking soda
- ¾ tsp. salt
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 1 ½ cup sugar
- ⅔ cup canola oil
- 3 Tbsp. molasses
- 1 can of cooked pumpkin puree
- 1 tsp. vanilla
- 2 Tbsp. ground flaxseed (optional)
- Optional add-ins: 1 cup mini chocolate chips

NUTRITIONAL DATA:

101 calories, 4 grams fat, 0 grams saturated fat, 0 mg cholesterol, 15.4 grams carbohydrate, 0.9 grams dietary fiber, 1.2 grams protein

DIRECTIONS:

1. Preheat oven to 350°. Grease two 12 x 17 baking sheet pans.
2. Mix together flour, oats, baking soda, salt, and spices.
3. In a separate bowl, mix together sugar, oil, molasses, pumpkin, vanilla, and optional flaxseeds until very well combined.
4. Mix flour and sugar mixtures together. Fold in chocolate chips, if desired.
5. Spread and press batter onto greased cookie sheets (to make cookies, drop 1 inch size balls of batter an inch apart, and flatten tops of cookies with fork or your fingers to press into cookie shape).
6. Bake for 16 minutes or until inserted knife or toothpick is clean. Rotate halfway through baking.
7. Remove from oven (if making cookies, transfer to wire rack to cool).
8. Once cool slice into 20 bars per sheet pan.

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*