



# PUMPKIN STEUSEL BARS

Angela Litzinger @ angelaskitchen.com

ONE BATCH MAKES 32 BARS

FOR THE TOPPING:	X 1	X 2	X 3	X 4
Margarine (gluten & dairy free) or Coconut Oil, room temperature	1/4 cup	1/2 cup	3/4 cup	1 cup
Dark Brown Sugar, packed	1/2 cup	1 cup	1 1/2 cups	2 cups
Quinoa Flakes or Gluten Free Certified Rolled Oats	1/2 cup	1 cup	1 1/2 cups	2 cups
Pecans or Walnuts, chopped, optional	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Golden Flax Seed, ground	1/4 cup	1/2 cup	3/4 cup	1 cup
Sorghum Flour	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Tapioca Flour	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Cinnamon, ground	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
FOR THE BARS:				
Dark Brown Sugar, packed	1 1/2 cup	3 cups	4 1/2 cups	6 cups
Oil (a mild tasting oil)	1/2 cup	1 cup	1 1/2 cups	2 cups
Eggs, large (for each egg replace 1 T ground golden flax mixed with 3 T hot water)	3	6	9	12
Pumpkin Puree	2 cups	4 cups	6 cups	8 cups
Vanilla Extract, gluten free	2 1/2 teaspoons	5 teaspoons	7 1/2 teaspoons	10 teaspoons
Garbava Flour	7 tablespoons	14 tablespoons	1 cup + 5 tablespoons	1 3/4 cups
Sorghum Flour	3 1/2 tablespoons	7 tablespoons	10 1/2 tablespoons	14 tablespoons
Corn Starch or Potato Starch	2/3 cups	1 1/3 cups	2 cups	2 2/3 cups
Tapioca Starch	2/3 cups	1 1/3 cups	2 cups	2 2/3 cups
Xanthan Gum	1 1/8 teaspoons	2 1/4 teaspoons	3 3/8 teaspoons	4 1/2 teaspoons
Baking Soda	1 1/8 teaspoons	2 1/4 teaspoons	3 3/8 teaspoons	4 1/2 teaspoons
Baking Powder, gluten free (if egg free, increase by 1 t. for every 3 eggs replaced)	1 1/8 teaspoons	2 1/4 teaspoons	3 3/8 teaspoons	4 1/2 teaspoons
Cinnamon, ground	2 1/4 teaspoons	1 1/2 tablespoons	6 3/4 teaspoons	3 tablespoons
Pumpkin Pie Spice	1 1/8 teaspoons	2 1/4 teaspoons	3 3/8 teaspoons	4 1/2 teaspoons
Salt	1/3 teaspoons	2/3 teaspoon	1 teaspoon	1 1/3 teaspoons

## ANGELA'S KITCHEN

Preheat oven to 350 degrees F. Oil a 10" X 15" jelly roll pan for each batch.

For topping: In a small bowl, blend together topping ingredients. I find this is easiest to do by just digging in and using my hands. Mix until well blended and crumbly. Set aside until called for in recipe.

For bars: In a mixing bowl of a stand mixer, beat brown sugar, oil and eggs until well combined. Add pumpkin and vanilla and blend well.

In a separate bowl, whisk together the rest of the ingredients. Add the dry ingredients into the wet mixture and mix until just combined. Scrape down sides of bowl and mix again.

Pour the batter into prepared baking pan(s), one pan for each batch. Sprinkle evenly, crumble topping ingredients on top of batter. Bake in a pre-heated oven for about 30 minutes or until a wooden pick inserted into the center emerges clean. For cleanest sliced edges, allow bars to cool completely before slicing.

To freeze: After cooling, put bars into a freezer safe container, separating each layer with wax paper or parchment paper. OR individually wrap each bar in plastic wrap or in snack bags, placing them afterwards into a freezer safe container or large freezer bag.

To serve: Thaw.