

## CHRISTINA'S SEASONAL RECIPE: PUMPKIN CHOCOLATE CHIP OATMEAL SQUARES

If you have pumpkins on hand from Halloween, roast them and use the cooked flesh in this delicious recipe. To roast your pumpkin, cut it in half and scoop out the seeds. The seeds can also be roasted for a tasty snack. Place the pumpkin flesh side down on a baking sheet. Add enough water to cover the bottom of the pan, and steam the pumpkin. Bake at 350F for 45-60 minutes, depending on the size of your pumpkin. You'll know it's done when you can easily pierce the skin and flesh with a fork. Once cool, scoop out the flesh with a large spoon and puree for use in the recipe or freeze for future pumpkin recipes.

### **Ingredients:** Makes 20 squares

3 cups oats  
1 tsp baking powder  
1 tsp ground cinnamon  
¼ tsp nutmeg  
¼ tsp cloves  
¼ tsp allspice  
¼ tsp ginger  
½ tsp salt  
1 cup pumpkin puree  
1/3 cup unsweetened applesauce  
1/3 cup margarine, melted  
1/3 cup maple syrup  
¼ cup brown sugar, lightly packed  
1 tsp vanilla  
½ cup semi-sweet chocolate chips

Note: 1 tsp of pumpkin pie spice can replace following spices:  
nutmeg, cloves, allspice & ginger.



### **Instructions:**

Preheat oven to 350F. Line the bottom and sides of an 8 or 9 inch square baking pan with parchment paper or grease with oil. Pulse the oats in a food processor or blender until they are slightly broken up.

Put oats into a large bowl along with all the remaining ingredients and stir until combined with a large spoon or spatula. Spoon the mixture into the prepared pan and smooth the top with a spatula. Make sure it's flat and compact. Dot the top with a few chocolate chips if desired. Bake for 25 minutes or until the edges are lightly browned and the center appears set.

Remove from the oven and let cool in the pan at room temperature for 30-60 minutes before cutting into squares and removing from the pan. Store at room temperature for up to 3 days or in the refrigerator for 1 week. They will also freeze well.

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