

Sweet Pumpkin Breakfast Bars Recipe



Last time, I shared [my top 5 tips to combat cravings](#), and if you're craving sweet stuff, I've got the perfect recipe for you.

These are so much tastier than store-bought granola bars! And they are so much better for you too!

It doesn't take much effort to combine these nutrient-dense, low-acid ingredients. And they'll last up to a few days, but good luck keeping them around that long if your house is anything like mine.

They make a quick on-the-go alkaline breakfast, kids will love these in their school lunches, and you can enjoy them as an afternoon snack.

Give them a try and let me know what you think over on [Facebook](#).

Sweet Pumpkin Breakfast Bars

Serves 4

INGREDIENTS

2 cups gluten-free oats (I use Bob's Red Mill)
1 cup organic canned pumpkin puree or fresh pumpkin
1 tsp. vanilla (I prefer 4 drops of Medicine Flower Vanilla)
3 pitted dates, finely diced
1 tsp. cinnamon
2 tbsp. chia seeds
1 tbsp. hemp seeds
1/4 cup raw almonds, chopped
1/4 cup unsweetened shredded coconut flakes
1 tsp. coconut oil



OVEN DIRECTIONS

Preheat oven to 350° F. Grease an 8×8 pan with the coconut oil. Combine all ingredients in a mixing bowl.

Press mixture into the pan and bake for 18-20 minutes or until the top is golden and firm to the touch. Let cool. Slice into bars and store in an airtight container for up to 3 days.

DEHYDRATOR DIRECTIONS

After following directions above to combine ingredients, form into bars. Place bars on dehydrator tray at 115° F for 24 hours. Flip halfway.

Bonus tip: For variety, you can substitute in grated green apples for the canned pumpkin.

Serve and enjoy!



For more on which foods to avoid (like typical granola and granola bars) and which to enjoy (like pumpkin, gluten-free oats, and coconut flakes), get your copy of [The Ultimate Alkaline/Acid Food Chart](#) now for easy, clear information about hundreds of foods!