



PUMPKIN BARS

(with cream cheese frosting)

By Dr. Cindy Tazar
(Special Occasions)

Nothing says Fall more than pumpkin, and these pumpkin bars will not disappoint! They are incredibly moist with a cream cheese frosting that is absolutely delicious. You can also double the recipe for the bars and frosting and place in a 9x13 pan. While cream cheese isn't on the Genesis Health Solutions weight loss plan, this is a maintenance recipe. However, enjoying a special low-carb dessert with your holiday dinner is just fine, as long as you don't turn your holi-day into an entire week! You're going to love these!
Makes 9 bars.



INGREDIENTS

Pumpkin Bars

- 1 cup pumpkin puree (canned or homemade)
- 1/4 cup Kerry Gold butter
- 2 oz. organic cream cheese, very softened
- 2 large pastured eggs
- 1 tsp pure vanilla extract
- 1 cup blanched almond flour



2/3 cup Swerve granular
2 tsp baking powder
1 tsp pumpkin pie spice
1/2 tsp pink Himalayan salt

Cream Cheese Frosting

8 ounces organic cream cheese, softened
1/2 Kerry Gold butter, softened
2/3 cup Swerve confectioners
1/2 tsp pure vanilla extract
Organic heavy whipping cream (if needed)

INSTRUCTIONS

Pumpkin Bars

Preheat the oven to 350°F. Line a 9x9 in baking pan with parchment paper.

Beat the cream cheese in a large bowl. Add the melted butter slowly to the butter while mixing well. Add the pumpkin, eggs and vanilla and beat with a hand mixer at medium speed until smooth.

In a separate bowl, combine the almond flour, Swerve, baking powder, pumpkin pie spice and salt. Add the dry ingredients into the wet ingredients and beat at low speed until just combined.

Pour the batter into the lined baking pan and smooth the top. Bake for 20-30 minutes (until a toothpick comes out clean). Cool completely.

Cream Cheese Frosting

In a medium bowl, cream the softened butter and cream cheese together with a mixer until well combined.

Add the Swerve and vanilla extract, beating slowly until the Swerve is incorporated into the cream cheese mixture, then beat on high for 2 minutes or until fluffy. If your mixture isn't creamy enough, add 1-2 Tbsp of heavy cream and mix well.

Spread onto cooled pumpkin bars.