



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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# Pumpkin Nut Bars



1 cup all-purpose flour  
1/2 cup wheat germ  
1/2 cup rolled oats  
1/2 cup margarine  
1 (15 oz.) can pure pumpkin  
1 can (12 oz.) evaporated skim milk  
2 eggs

1/2 cup sugar  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon cloves  
1 cup chopped pecans  
1/2 cup brown sugar

Instructions: Preheat oven to 350F. In a medium bowl, combine flour, wheat germ and oats. Cut in margarine with a pastry blender or fork until crumbly. Press into ungreased 13x9-inch pan. Bake for 15 minutes. Meanwhile, in a large bowl, blend pumpkin, milk, eggs, sugar and spices. Pour over crust and bake for 20 minutes. In a small bowl, combine pecans and brown sugar. Sprinkle over pumpkin filling. Bake for an additional 15-20 minutes until filling is set. Store leftovers in the refrigerator.

*Yield: 24 servings*

**Nutrition Facts (per serving):** 150 calories, 7 grams fat, 70 milligrams sodium, 19 grams carbohydrate, 0 grams fiber, 3 grams protein