TRY THIS AT HOME:  
**Pumpkin Bars**

**You will need:**

- 1 2/3 cups sugar  
- 3/4 cup vegetable oil  
- 4 eggs  
- 16-ounce can of pumpkin  
- 1 cup all-purpose flour  
- 1 cup whole-wheat flour

**PREP TIME: 30 minutes**

- 1 teaspoon ground cinnamon  
- 1 teaspoon salt  
- 1 teaspoon baking soda  
- 1 teaspoon baking powder  
- Help from an adult

**Practice measuring by making pumpkin bars!**

1. Preheat oven to 350°F.

2. Spray a 10x15x1 inch pan with non-stick cooking spray.

3. Add sugar, eggs and oil to a large bowl. Mix together. (Always wash your hands after touching raw eggs.)

4. Add the pumpkin and mix.

5. Add the all-purpose flour, whole-wheat flour, cinnamon, salt, baking soda and baking powder. Mix together.

6. Pour into pan.

7. Bake for 25-35 minutes or until toothpick comes out clean.

8. Allow to cool in the pan. Cut into 36 bars.

**SERVING SIZE:** 1 bar

**Fun Fact**
Pumpkins are a type of gourd. Butternut and acorn squash are gourds too. All three of these gourds are high in beta-carotene (vitamin A). Vitamin A is important for eye sight and fighting off infections. You can use pumpkins to make desserts, casseroles and even pumpkin soup!