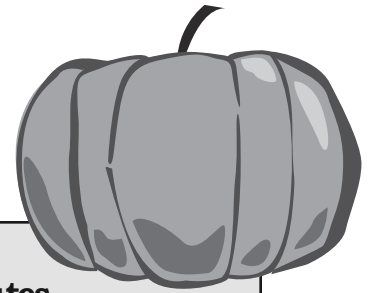


TRY THIS AT HOME:
Pumpkin Bars



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!