Chocolate Chip Chunk Pumpkin Bars

Time: 40 min.
Servings: 15-20

Ingredients:
- 2 cups whole wheat pastry flour
- 1 tbsp pumpkin pie spice
- 1 tsp baking soda
- ¾ tsp sea salt
- 1 cup sugar
- ¼ cup unsweetened applesauce
- ¼ cup non-fat plain Greek yogurt
- 1 tbsp canola oil
- 2 large egg whites
- 1 tsp vanilla
- 1 cup pumpkin
- ½ cup dark chocolate, cut into small chunks

Directions:
- Preheat oven to 350° and spray 13x9 pan with non-stick spray
- In a medium-sized bowl, whisk together the flour, pumpkin pie spice, baking soda, and salt
- In a large bowl mix sugar, applesauce, yogurt, oil, egg whites, and vanilla. Then stir in pumpkin
- Slowly pour flour mix into the wet ingredients and mix well. Then stir in chocolate chunks
- Pour dough evenly into greased pan. Bake until a toothpick comes out clean (about 30 min.)
- Let cool before cutting

Did you know? Greek yogurt is lower in sugar and higher in protein than regular yogurt.

Benefits: Pumpkin is low in fat and rich in disease-fighting nutrients such as beta-carotene, fiber, vitamins C and E, potassium, magnesium, and pantothenic acid.