

Pumpkin Eaters' Bars – Lynn Cole (2018)

Crumb crust:

1 1/2 cups Quaker Oats (quick or old fashioned, uncooked)
1 1/4 cups all-purpose King Arthur Flour
3/4 cup firmly packed brown sugar
1/2 cup sunflower seeds
1/2 teaspoon salt
1/2 teaspoon soda
1 teaspoon cinnamon
3/4 cup butter or margarine

Combine oats and dry ingredients. Add butter; beat at low speed on electric mixer until mixture is crumbly. Reserve 1 1/2 cups crumb mixture. Press remaining crumb mixture onto bottom of greased 13x9 inch baking pan. Bake in preheated moderate oven (375 degrees) about 10 minutes.

Filling:

One 16-oz can pumpkin
2/3 cup milk
1/3 cup firmly packed brown sugar
1 egg
*1 tablespoon pumpkin pie spice

- or equivalent to: 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/2 teaspoon ginger, and 1/4 teaspoon cloves.

Beat together all ingredients. Mix well. Spread over partially baked crust; sprinkle remaining crumb mixture over pumpkin mixture. Continue baking 25 minutes. Cool. Chill; cut into bars. Makes 13x9 inch pan of bars.