

Pumpkin Pecan Bars

Welcome the flavors of the Fall Season with these scrumptious gluten free, no-bake bars!

Ingredients

Crust

4 cups Raw Unsalted Pecans
1 teaspoon Ground Cinnamon
¼ teaspoon Sea Salt
2 cups Dates, pitted (Medjool Dates recommended)

Filling

½ cup freshly squeezed Orange Juice + additional if needed (about 2 large Oranges)
3 cups Raw Unsalted Cashews, soaked for at least 3 hours or overnight then drained before use
1 cup grated Pumpkin (Sugar Pie Pumpkin recommended)
½ cup Coconut Oil, melted
½ cup Whole Milk
½ cup Raw Honey
Seeds of 1 Whole Vanilla Bean (about ¼ teaspoon)
2 teaspoons Ground Pumpkin Spice
2 cups chopped Raw Unsalted Pecans

Special Equipment: 9x9x2 inch Square Baking Pan, Food Processor, and Blender

Preparation

Prepare Crust: Place pecans, cinnamon, sea salt and dates in a food processor and pulse until almost finely ground. Test the crust by spooning a small amount and rolling into a ball in your hands. The mixture should stick. If it does not pulse a bit longer or add more dates. Scoop out mixture and evenly press into a 9x9x2 inch baking pan, pressing firmly and making sure the edges are well packed. Cover and place in the freezer while you prepare the filling.

Prepare Filling: Place orange juice, cashews, grated pumpkin, melted coconut oil, (this can be done in a saucepan on very low heat) milk, honey, vanilla bean seeds and pumpkin spice in powerful blender and blend until very smooth. If needed, add additional orange juice for a thinner and smoother consistency. Mix in 2 cups chopped pecans and pour onto crust. Smooth top with a spatula. Cover tightly with plastic wrap then foil and freeze until solid.

Remove from freezer and thaw for about 10 minutes (this will making slicing easier). Run a smooth, sharp knife under hot water then run the knife around the edges of the pan and cut into squares. Serve immediately or transfer the bars to an airtight container and store in the freezer until ready to serve.

Make 16 Bars

* Prepare pumpkin by peeling, cubing then grating in a food processor until very fine.