



Vegan Pumpkin Pie Protein Bars

These bars really pack a protein punch which makes them great for your back-to-school hungry hordes or post-workout snack! We went with cashews in the batter for a subtle taste, and of course amp-up the pumpkin flavor by throwing in pumpkin seeds! Pitted dates always work wonderfully for homemade bars as they act as a binder to hold all the ingredients together and bring in that natural sweetness... they also really put the “energy” into homemade protein or energy bars, so

they worked wonderfully in this recipe!

Ingredients

- 1 cup [Farm Fresh Nuts Pitted Dates](#)
- ½ cup chopped [Farm Fresh Nuts Semi Dried Apricots](#)
- ½ cup [Farm Fresh Nuts Dried Cranberries](#)
- ½ cup [Farm Fresh Nuts Raw Cashews](#)
- 2 Tablespoons [Farm Fresh Nuts Raw Pumpkin Seeds](#)
- 2 Tablespoons unsweetened shredded coconut
- ⅓ cup vegan vanilla or pumpkin protein powder
- 1 teaspoon ground cinnamon
- ½ teaspoon pumpkin pie spice
- ¼ cup pure pumpkin puree

Bars Toppings:

- 2 tablespoons [Farm Fresh Nuts Raw Pumpkin Seeds](#)
- 2 tablespoons toasted coconut flakes
- 2 tablespoons chopped [Farm Fresh Nuts Raw Georgia Pecans](#)
- 2 tablespoons [Farm Fresh Nuts Raw Pumpkin Seeds](#)

Instructions

Combine all ingredients in a food processor and process until smooth. This may take some time, but just be patient with it - you can always leave the mixture a little chunky if you like as well!

In an 8x8 baking pan, place parchment paper on the bottom.

Add in the energy bar batter from the food processor - it will be quite sticky, so it's advised to work with wet hands to prevent it sticking to your hands!

Press down the mixture into a pan and use the back of a wet spoon to smooth the top. Sprinkle with 1 tablespoon of pumpkin seeds, sunflower seeds, chopped pecans, and toasted coconut flakes to garnish, press these firmly into the bar mixture.

Freeze for 2-3 hours or until solid, and cut into 8 bars.

Store in the fridge or freezer.

Enjoy!

Notes

If you prefer the bar to be denser and last longer at room temperature, double the protein powder to make the batter less moist! This will change the nutritional facts.