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Fantastic Friends: Healthy Living
Purposeful Programs
Gluten-Free Pumpkin Bars

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Recipe Adapted From:

<https://www.bettycrocker.com/recipes/gluten-free-pumpkin-bars-with-cream-cheese-frosting/0630e7b7-02a3-4cf3-b84e-2922f3996ccd>

What You Need:

- Whisk
- Electric Mixer
- Large mixing bowl
- 15x10x1 or another large rectangle-shaped baking pan

Ingredients:

- 4 eggs
- 2 cups sugar
- $\frac{3}{4}$ cup vegetable oil
- 1 can (15 ounces) pumpkin (not pumpkin pie mix)
- 2 cups Gluten-Free flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves

*****Always make sure all ingredients are gluten-free, some brands can contain gluten!**

Directions:

- Heat oven to 350 degrees. Grease a 15x10x1 inch baking pan or another rectangle pan.
- In a large bowl, beat eggs, sugar, oil, and pumpkin together with an electric mixer or whisk until smooth.
- Stir in flour, baking powder, baking soda, salt, cinnamon, ginger, and cloves, beat with an electric mixer. Spread batter into the pan.
- Bake 25 to 30 minutes or until a toothpick inserted in the center comes out clean.
 - Cool the bars completely, if desired, add cream cheese frosting on top!