



PUMPKIN, PRUNE AND CHOCOLATE BARS

Season: Winter, spring
From the garden: Pumpkin, eggs
Type: Dessert
Difficulty: Easy
Country of origin:
Serves: 30 tastes
Source: lovefoodhatewaste.co.nz

Equipment

- *chopping board and knife
- *microwave safe bowl
- *bowl and mixing spoon
- *spatula
- *food processor
- *measuring cup and spoons
- *brownie pan (about 27 by 20 cm)

Ingredients

- *1 cup mashed, roasted pumpkin
- *1 cup prunes
- *1 cup oats
- *100 g butter or margarine
- *1 egg
- *1 tsp vanilla essence
- * $\frac{1}{2}$ tsp cinnamon
- * $\frac{1}{2}$ tsp baking soda
- *pinch of salt
- * $\frac{3}{4}$ cup chocolate chips

Method

- 1.preheat oven to 180 degrees and cover the prunes with hot water to soak
- 2..tip oats into food processor bowl and blitz into a flour
- 3.emty the oats into the mixing bowl
- 4.melt the butter/margarine in the microwave
- 5.drain the prunes and blitz with the melted butter in the food processor

6.scrape the prune/butter mixture into the bowl with the oats

7.add the mashed pumpkin, egg, vanilla and, salt and cinnamon into the food processor bowl and blitz

8. add the pumpkin and chocolate chips into the bowl with the rest of the ingredients and mix

9. line the brownie tin with baking paper and scrape the mixture into the tin

10.bake for 25 minutes

11.remove cake from the tin and let it cool before slicing into small squares

Note: Dried fruit like dates or prunes are naturally very sweet, so there is no need for sugar in this recipe. More sweetness is added by using pumpkin. Orange kumara would work in this recipe as well.

Skills: *measuring, chopping, mashing, using a food processor*