

# Pumpkin Bars with Cream Cheese Frosting

(Adapted from FoodNetwork.com)

## Ingredients

- 1 cup melted Grass Fed Butter
- 1/2 cup plus 1/3 cup Truvia
- 4 eggs
- 15 oz. pumpkin (NOT pumpkin pie filling)
- 2 cups sifted Almond Flour
- 2 tsp baking powder
- 2 tsp ground cinnamon OR ground nutmeg
- 1 tsp baking soda
- 1 tsp salt



## Frosting (beat all ingredients together while bars are in oven)

- 8 oz. full fat cream cheese, softened to room temperature
- 1/4 stick grass fed butter, softened to room temperature
- 8 oz full fat yogurt
- 1/2 tsp vanilla
- 1/3 cup sweetener

## Directions

1. Preheat oven to 350F and “grease” 13”x9” baking pan with butter
2. Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy.
3. Stir together the flour, baking powder, cinnamon, salt and baking soda.
4. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth.
5. Pour batter into pan, bake for 30 minutes (until toothpick comes out clean)
6. Let cool completely before frosting
7. Refrigerate until served