

# Chocolaty Pumpkin Squares

Makes 30 squares

1 cup all-purpose flour  
1 cup whole wheat flour  
1 cup sugar  
1 cup *very* finely chopped pecans  
2 teaspoons baking powder  
1 teaspoon ground cinnamon  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
4 large omega-3 eggs, beaten  
One 15-ounce can 100% pure pumpkin  
1/2 cup canola oil  
1/4 cup 1% lowfat milk  
1/2 cup mini chocolate chips



Preheat the oven to 350°F. Lightly oil or coat a 15 x 10 x 1-inch baking pan (jelly roll pan) with nonstick cooking spray and set aside. Whisk together the flour, whole wheat flour, sugar, pecans, baking powder, cinnamon, baking soda, and salt in a large bowl. In a separate bowl, combine the eggs, pumpkin, canola oil, and milk. Add to the dry mixture along with the chocolate chips and stir to combine. Spread the batter evenly in the prepared pan and bake for 25 minutes or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack. Leftovers are best stored in the refrigerator.

*Nutrition Information per Serving:* 140 calories, 8g fat, 2g saturated fat, 95mg sodium, 16 grams carbohydrates, 2 grams fiber, 2 grams protein, 60% vitamin A

## Kitchen Notes

- ◆ If you can't find canned pumpkin, canned pureed sweet potato or squash work just as well.
- ◆ Omega-3 eggs contain between 100 to 200 milligrams of healthy omega-3 fat per egg. Most supermarkets now carry omega-3 eggs. While they may cost a bit more, we think it's worth it for all that good nutrition.
- ◆ Omega-3 rich walnuts can be used in place of pecans. Just be sure they're finely chopped so the kids don't say, "yuck, what's that lump?"
- ◆ The American Academy of Pediatrics recommends limiting the consumption of fruit juice to 4 to 6 ounces a day for 1 to 6 year olds and 8 to 12 ounces for 7 to 18 year olds. They also suggest sticking with 100% fruit juices versus sugary juice "drinks."

## Nutrition IQ

Canned pumpkin has about 20 times more vitamin A than fresh pumpkin.



Recipe adapted from *The Moms' Guide to Meal Makeovers* (Broadway Books 2004)  
[www.MealMakeoverMoms.com](http://www.MealMakeoverMoms.com)