

Orange Drizzled Pumpkin Bars

No-stick cooking spray
2 1/2 cups all purpose flour
1 can (15 ounces) solid-pack pumpkin
1 1/2 cups sugar
1/2 cup vegetable oil
2 eggs, lightly beaten
1/4 cup fat-free milk
2 teaspoons baking powder
2 teaspoons pumpkin pie spice
1 teaspoon salt
1/2 cup dried cranberries or raisins
1/2 cup chopped walnuts (optional)
1 cup confectioners' sugar
1 to 2 tablespoons orange juice

Heat the oven to 375 degrees F. Lightly coat a 9- x 13-inch baking pan with the cooking spray.

Mix the flour, pumpkin, sugar, oil, eggs, milk, baking powder, pumpkin pie spice and salt in a large mixing bowl until blended. Stir in the cranberries and walnuts, if desired. Spread evenly into the prepared pan.

Bake for 20 to 25 minutes or until a tester inserted in the center comes out clean. Cool completely on a wire rack.

Combine the confectioners' sugar and 1 tablespoon of the orange juice; mix until smooth, adding more orange juice, as needed, to reach a thick but flowing consistency. Drizzle over the bars. Store loosely covered.

Makes 32 bars. Per serving: 135 calories; 4 g fat; 13 mg cholesterol; 110 mg sodium; 24 g carbohydrate; 1 g fiber; 2 g protein.

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