



cara price

PUMPKIN BLONDIE

{WITH CARAMEL HONEY SAUCE}

INGREDIENTS

for the pumpkin bar:

1 cup almond flour
3/4 cup almond butter
3/4 cup pumpkin puree
1/2 cup maple sugar
1/2 cup dark chocolate chips
1/4 cup + 2 tablespoons coconut flour
2 eggs
1 tablespoon vanilla
2 teaspoons pumpkin pie spice
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

for the caramel sauce:

1/2 cup honey
1/4 cup butter or ghee

quality spray oil

DIRECTIONS

preheat the oven to 350.

in the bowl of a stand mixer, combine the almond butter, pumpkin puree, eggs & vanilla. in another medium size bowl, stir together the flours, maple sugar, pumpkin pie spice, baking powder, baking soda & the salt.

add the dry ingredients to the mixing bowl & combine well, scraping the sides as necessary. once combined, gently stir in the chocolate chips.

lightly spray a glass 9x9 baking dish & pour the batter into it.

bake 22-25 minutes. once done, cool for 30 minutes before adding the caramel sauce.

to make the caramel sauce:

place the honey & the butter into a small saucepan over medium-low heat. bring it to a low simmer (very slight boil). stir constantly for 3 minutes. remove from heat & let sit 10 minutes while the honey caramel sauce thickens.

pour the caramel sauce over the top of the pumpkin chocolate chip bar. you can serve immediately & enjoy warm or refrigerate for up to 5 days & eat it cold!