



Village Eats

Episode 12

Pumpkin Pie Oatmeal Chocolate Bars

Recipe from Running with Spoons

Makes ~10 bars

Ingredients:

For the crust:

- 1 1/4 cups old-fashioned oatmeal
- 1/2 cup gluten-free flour
- 1/4 cup cocoa powder
- 1 tsp. baking powder
- 1/4 tsp. salt
- 2 Tbsp. coconut oil (or butter), melted
- 1/4 cup applesauce
- 1/4 cup maple syrup

For the filling:

- 1 cup canned pumpkin puree (NOT pumpkin pie filling)
- 1 egg, lightly beaten
- 1 tsp. vanilla extract
- 1/4 cup honey (or maple syrup)
- 1 1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 1/4 tsp. nutmeg
- 1/4 tsp. ginger

For topping:

- pumpkin seeds, chopped pecans and dark chocolate chips



Directions:

Preheat oven to 350°F and lightly grease an 8×8 baking pan.

For the crust: In a large mixing bowl, combine oats, flour, cocoa, baking powder, and salt. Stir until fully combined and set aside. In a smaller mixing bowl, combine coconut oil, applesauce, and maple syrup. Mix well before adding to oat mixture and stir until fully combined. The dough will be somewhat dense and crumbly — this is how you want it.

For the filling: Either by hand or using a blender, combine all the filling ingredients and mix until fully incorporated. Set aside.

Divide crust mix in half. Using a spatula or your fingers, firmly press half of the dough into the bottom of your square pan. If there isn't enough to fully cover the bottom, add some from the mix remaining in the bowl. Pour filling over the bottom crust layer, spreading evenly. Using your fingers, crumble remaining crust mixture on top of filling, pressing down slightly. Bake for 30 minutes, or until pumpkin has set. Remove from oven and let cool completely before cutting into bars.



Cranberry & Ginger Tonic

Ingredients

fresh cranberries (10 1/2 oz or 300 g)

fresh ginger (3 1/2 oz or 100 g)

sugar (1 cup) or honey!

water (1 cup or 250 ml)

For serving:

good quality tonic

extra cranberries & mint for garnish

Instructions

1. Scrub the ginger (no need to peel) and chop up in a food chopper or by hand.
2. Place first 4 ingredients in a saucepan and bring it to a simmer on high heat.
3. Lower the heat down and simmer (until thick) for at least 10 minutes, squashing down the cranberries at the end.
4. Leave to cool slightly, then strain for a clear, bright red syrup. Store in the fridge until needed. Can make well in advance and keeps for weeks.
5. When you are ready to serve place ice in a glass, at least 1 T of the syrup and about 6 oz of good tonic. Garnish with a few cranberries and fresh mint.