



Long Livo

Pumpkin Protein Bars – No-Bake Vegan Snack

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base Mix

- ☐ 1 cup canned pumpkin puree
- ☐ 1/2 cup almond butter
- ☐ 1/3 cup pure maple syrup
- ☐ 1 1/2 cups rolled oats
- ☐ 1/2 cup vanilla plant-based protein powder
- ☐ 1 tsp ground cinnamon

- ☐ 1/2 tsp ground nutmeg
- ☐ 1/4 tsp ground ginger
- ☐ Pinch of sea salt

Optional Add-Ins

- ☐ 1/4 cup chopped walnuts
- ☐ 1/4 cup dried cranberries
- ☐ 2 tbsp vegan chocolate chips

Instructions

- 1 In a large bowl, whisk together the rolled oats, protein powder, cinnamon, nutmeg, ginger, and sea salt.
- 2 In another bowl, blend the pumpkin puree, almond butter, and maple syrup until smooth; I like to use a rubber spatula for that creamy texture.
- 3 Pour the wet mixture into the dry ingredients, stirring until everything is fully incorporated; if the batter feels too dry, add a splash of oat milk.
- 4 Fold in any optional add-ins—nuts, dried fruit, or chocolate chips—then press the mixture firmly into a 9x9-inch parchment-lined pan.
- 5 Refrigerate for at least 30 minutes until firm; cut into twelve bars before serving.

Nutrition per serving

180 kcal

Calories

8 g

Protein

20 g

Carbs

9 g

Fat

Tips & notes

- Press the mixture tightly to avoid crumbly bars.
- If bars are too sweet, reduce maple syrup by a tablespoon.
- Feel free to swap pumpkin for mashed sweet potato for a different flavor.