

FROSTED HARVEST BARS

1 16 oz. Can pumpkin
1 ½ cups brown sugar
4 eggs
¾ cup applesauce
1 ½ cups whole wheat flour
1 ½ cups rolled or ground oats
1 TBSP cinnamon
2 tsp baking powder
1 tsp baking soda

Mix first 4 ingredients well.

Add remaining ingredients - mix well.

Pour into greased 9 x 13 pan.

Bake @ 350 for approx. 30 minutes.

Frosting:

3 oz cream cheese

¾ cup butter

Mix well.

Add ½ tsp vanilla

2 cups powdered sugar

1 TBSP milk

Mix well, frost bars,

store in fridge.