



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Chocolaty Pumpkin Bars

Ingredients:

- 1 cup flour
- 1 cup whole wheat flour
- 2 Tablespoons chopped walnuts
- ¾ cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- 2 large egg whites
- 1 (15 ounce) can 100% pure pumpkin or
2 cups fresh pumpkin puree
- ¼ cup vegetable oil
- ¼ cup 1% milk
- 1/3 cup mini chocolate chips
- vegetable spray

Makes 40 servings - 32% calories from fat

Instructions:

1. Preheat oven to 350° F. Coat a 15x10x1-inch baking pan (jelly roll pan) with vegetable oil spray, set aside.
2. Whisk together the flour, whole wheat flour, walnuts, sugar, baking powder, cinnamon, baking soda, and salt in a large bowl.
3. In a separate bowl, combine the eggs, egg whites, pumpkin, oil, and milk. Add to the dry ingredients along with the chocolate chips and stir to combine.
4. Spread the batter evenly in the prepared pan and bake for 20-25 minutes or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack.

Notes:

- For maximum freshness, store leftovers in a plastic container or zip-top bag in the refrigerator.
- May add 1/8 teaspoon nutmeg.

Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 30	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 1g	
Vitamin A 25%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

