PUMPKIN BARS WITH CREAM CHEESE FROSTING

INGREDIENTS

PUMPKIN BARS

1¾ cups all-purpose flour
2 cups granulated sugar
1 tsp baking soda
1 tsp ground cinnamon
½ tsp ground nutmeg
½ tsp ground cloves
1 (15 oz) can pumpkin puree
4 large eggs
1 cup vegetable oil

CREAM CHEESE FROSTING

8 oz cream cheese, softened
½ cup unsalted butter, softened
3 cups powdered sugar
1 tsp vanilla extract

- In a mixing bowl, beat the softened cream cheese and butter until smooth. Gradually add the powdered sugar and vanilla extract, mixing until creamy and spreadable.

DIRECTIONS

1. Preheat oven to 350°F and grease a 9×13-inch baking dish.
2. In a large bowl, combine flour, sugar, baking soda, cinnamon, nutmeg and cloves.
3. Add pumpkin, eggs and oil. Mix until smooth.
4. Pour batter into prepared dish and bake 25–30 minutes, or until a toothpick comes out clean.
5. Let bars cool completely.
6. Spread cream cheese frosting over cooled bars. Cut into squares and serve.

NUTRITION INFORMATION

MAKES: 16 BARS
SERVING SIZE: 1 BAR
PER SERVING (APPROXIMATE)

WITH REGULAR SUGAR

CALORIES: 485
PROTEIN: 5G
FAT: 28G
FIBER: 1G
SUGAR: 50G

WITH SWERVE SUBSTITUTION

CALORIES: 300
PROTEIN: 5G
FAT: 28G
FIBER: 1G
SUGAR: 3G

Estimates; assumes 3 cups frosting sweetener. Swerve replaces both sugars. Excludes toppings.

💛 SIMPLE TIPS

- For extra flavor, sprinkle a little cinnamon or chopped pecans on top.
- Cool the pumpkin bars completely before adding frosting.
- Use softened cream cheese and butter for smooth frosting.
- Refrigerate frosted bars in a covered container.

📱 SCAN FOR MORE RECIPES

© 2026 DESIGNS BY FRIENDS LLC