

Chocolate Chip Pumpkin Bars

From Splenda.com

1 1/3 cups flour
1/4 cup Splenda® Brown Sugar Blend
1/2 cup Splenda®
1 cup old-fashioned oats
1/2 cup chopped walnuts or pecans
3/4 cup light margarine
8 oz fat free cream cheese
3 eggs
15 oz canned pumpkin
1 tablespoon pumpkin pie spice
1 cup sugar free chocolate chips

Preheat oven to 350° F. Line a 13 x 9 inch pan with foil and spray with cooking spray. Set aside. Combine flour, Splenda Brown Sugar Blend and 1/4 cup of Splenda, oats and nuts. Cut in the margarine with a fork until the mixture is crumbly.

Press all by one cup of the crust mixture into the bottom of the prepared pan. Bake for 15 minutes and allow to cool.

Beat the cream cheese, eggs, 1/4 cup of Splenda, pumpkin and pumpkin pie spice until well blended. Pour cream cheese mixture over the pre-baked crust and sprinkle with the remaining crust mixture and the sugar free chocolate chips.

Bake for 25 minutes or until set. Lift from pan to cool. Cut into 24 bars.

Nutrition information per bar: 150 calories, 4 grams protein, 5 grams fat, 21 grams carbohydrates, 150 mg sodium.

