



## Chocolate Pumpkin Energy Bars

6 servings

45 minutes

### Ingredients

- 1/3 cup Pumpkin Seed Butter (melted)
- 3 tbsps Maple Syrup
- 1/2 tsp Ground Ginger
- 1/2 tsp Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 1 oz Dark Chocolate (chopped)

### Directions

- 1 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

**Serving Size:** One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

**No Pumpkin Seed Butter:** Use tahini, sunflower seed butter, peanut butter, or almond butter instead.