

# Pumpkin Pie Bites

Makes 32 bites

## Ingredients:

- Butter-flavored cooking spray
- $\frac{3}{4}$  cups all-natural, whole-grain, crunchy, high-fiber, low-sugar cereal (Kashi 7 Whole Grain Nuggets)
- 2 tbsp 100% pure maple syrup
- $\frac{1}{4}$  tsp ground cinnamon
- 8 large eggs whites
- 15-ounce can (1-  $\frac{3}{4}$  cups) solid pumpkin puree
- $\frac{3}{4}$  cup agave nectar (sugar)
- 2 tbsp whole-wheat pastry flour
- 2-  $\frac{1}{2}$  tsp vanilla extract
- 1-  $\frac{1}{4}$  tsp pumpkin pie spice
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp salt
- 32 tsp whipped topping (optional)



## Directions:

Preheat the oven to 350F. Spray 11”x7” glass or ceramic baking dish with spray. Add the cereal to the bowl of a food processor fitted with a chopping blade. Process it for 15-20 seconds, or until the cereal is crushed. Transfer it to a small mixing bowl and add the maple syrup and cinnamon. Mix them until well combined (the mixture should be slightly sticky). Spoon the mixture into the prepared baking dish. Using a small piece of parchment paper, gently press down on the cereal mixture, spreading it evenly across the bottom of the baking dish. Bake the crust for 7-9 minutes, or until it is slightly browned. Set aside.

Meanwhile, add the egg whites to a large mixing bowl. Using a sturdy whisk, lightly beat them until they bubble very slightly. Still using the whisk, stir in the pumpkin, agave (sugar), and flour until well combined. Stir in the vanilla, pumpkin pie spice, baking powder, and salt and continue mixing until well combined. Pour the filling over the baked crust. Using a rubber spatula, spread it into an even layer. Bake for 40-45 minutes, or until a toothpick inserted in the center comes out dry (a few crumbs are okay). Transfer the dish to a wire cooking rack, allowing it to cool to room temperature. Carefully cut 32 pumpkin “bites” (3 cuts along the width of the pan, 7 cuts along the length, creating a 4x8 bites).

Just before serving, top each bite with 1 tsp whipped topping, if desired. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.