

After attending a presentation about GI “issues” after surgery at an orthopedic symposium, I was inspired to develop a recipe for these tasty bars. Easy to prepare, these provide fiber to feed the gut, potassium, beta carotene and healthful satisfying protein and fats from nuts. Along with a glass of milk (lactose free or soy if you are intolerant), this can be a simple complete meal or snack when you may lack energy to cook. Make ahead and freeze!

Pumpkin fiber bars

1 cup pumpkin

1 ripe banana, mashed

$\frac{3}{4}$ c sugar or 1 cup Splenda for baking

2 eggs

1 cup chopped walnuts or pecans (optional if allergic)

1 box Fiber One or All Bran cereal (may use 5 cups oatmeal instead, or mix $\frac{1}{2}$ and $\frac{1}{2}$)

1 tsp pumpkin pie spice

$\frac{1}{4}$ cup honey

Mix all together, pour into 9 x 13 inch baking dish coated with nonstick spray and bake in preheated 350 degree oven for 40 minutes. Cool before cutting; may freeze for later use in airtight container.

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