

This recipe was inspired by the Venetucci Farm in Colorado Springs. To learn about the impact of this farm on sport nutrition graduate students visit: [www.uccs.edu/swell](http://www.uccs.edu/swell)

# Venetucci Farm Bars



TrueSport

## PUMPKIN AND SQUASH BIODIVERSITY

*Pumpkins and squash are very versatile. While pumpkin carving is a fun family activity, remember pumpkins are here for you to eat. They are a great snack to recover after exercise.*

*Try different varieties of pumpkins and winter squash in the fall: Acorn Squash, Heirloom Long Pie Pumpkin, Delicata Squash, Heirloom Hidatsa Pumpkin, Butternut Squash, Hubbard Squash, and Gila Cliff Dweller Squash.*

### INGREDIENTS

- 1 medium-sized winter squash, roasted, puréed
- 1 Tbsp olive oil
- 4 local eggs
- ½ cup sunflower oil
- 1 cup local honey
- 2 Tbsp molasses
- 1 cup organic oats
- 1 cup organic millet
- 3 cups whole wheat flour or another whole, ancient or heritage grain, finely milled
- ½ cup slivered almonds
- ½ cup pumpkin seeds
- 1 cup dried fruit
- 1 tsp baking powder
- 1 tsp ground cloves
- 1 tsp ginger
- 1 tsp cinnamon
- 1 tsp nutmeg
- Pinch of salt

### DIRECTIONS

*Preheat oven to 350°F.*

*For pumpkin purée:*

1. Cut pumpkin in half, remove seeds, and drizzle with oil.
2. Place pumpkin upside-down on a baking pan and roast with olive oil for approximately 1 hour, or until fully cooked.
3. Once pumpkin has cooled, scoop out flesh and blend in a food processor until smooth.

*For the bars:*

1. Prepare a deep baking sheet with waxed paper.
2. In a bowl, combine all wet ingredients, in another bowl combine all dry ingredients.
3. Mix ingredients together and pour into baking sheet with a thickness of 1 inch.
4. Bake 30-35 minutes or until golden brown.
5. Let cool, place on a wooden board and cut into bars. Store in an airtight container in the refrigerator or freeze.

*This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free*