

Pumpkin Squares

Fall

Winter

Spring

Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving

Calories	251 kcal
Protein	3.47 g
Carbohydrate	29.18 g
Total Fat	14.10 g
Saturated Fat	2.37 g
Cholesterol	43.40 g
Vitamin A	3241.78 IU
Vitamin C	0.86 mg
Iron	1.10 mg
Calcium	17.61 mg
Sodium	195.76 mg
Dietary Fiber	1.92 g

EQUIVALENTS: 1 piece provides 1.25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

“It doesn’t get any more local than students harvesting produce in the school garden and hauling it to the cafeteria.”

— AMY GIFFORD

Pumpkin Squares • 60 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>1 Preheat convection oven to 350°F or conventional oven to 375°F. Coat a full sheet pan with cooking spray.</p>	
Whole-wheat flour	1 lb 6 oz	1 qt + ½ cup	<p>2 Whisk together whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl. Whisk together eggs, sugar, oil and pumpkin in another large bowl. Add dry ingredients to the wet ingredients and mix well. (Do not overmix.) Scrape mixture onto the prepared sheet pan and spread evenly.</p>	
Enriched all-purpose flour	13 oz	2½ cups		
Baking powder		2 Tblsp		
Ground cinnamon		2 Tblsp		
Baking soda		1 Tblsp		
Kosher salt		1½ tsp		
Eggs		14 large (or equivalent liquid eggs)		
Pumpkin purée		½ #10 can (1 qt + 1 cup)		
Granulated sugar		1 qt + 1 cup		
Vegetable oil		3½ cups		
			<p>3 Bake until a toothpick inserted in the center comes out clean, 15 to 25 minutes.</p>	

