

# PUMPKIN RAISIN BAR

## Ingredients & Scaling:

Ingredients	8 Servings	16 Servings	32 Servings	48 Servings
Pumpkin, canned	1 cup	2 cups	4 cups	6 cups
Egg, large	2	4	8	12
Milk, 1%	1/2 cup	1 cup	2 cups	3 cups
Bakery mix	2 cups	4 cups	8 cups	12 cups
Brown sugar	1/3 cup	2/3 cup	1 1/3 cups	2 cups
Cinnamon	1 Tbsp	2 Tbsp	1/4 cup	1/3 cup
Raisins	1 cup	2 cups	4 cups	6 cups

Tbsp = tablespoon tsp = teaspoon 1 serving = 1 bar

## Preparation:

1. Preheat oven to 350°F.
2. In a large bowl, add pumpkin, milk & eggs. Mix well.
3. Add baking mix, cinnamon, brown sugar & raisins. Use a hand mixer to combine completely.
4. Pour batter into a non-stick 9x13 baking pan. Bake 30 minutes, or until a toothpick inserted in the center comes out clean.
5. Let cool 5 minutes before slicing into squares.



**Cook Time: 15 min**

## CACFP Guidelines

1 serving (1 bar) is equal to  
a 1/2 oz grain equivalent

## • TIP •

Swap raisins for other dried fruits like dried blueberries or dried cranberries to change up the flavor.

## Nutrition Facts

variable servings per recipe

**Serving size** 1 Bar (118g)

**Amount per serving**

**Calories** **250**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 340mg **15%**

**Total Carbohydrate** 47g **17%**

Dietary Fiber 3g **11%**

Total Sugars 25g

Includes 9g Added Sugars **18%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 98mg **8%**

Iron 2mg **10%**

Potassium 304mg **6%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# PUMPKINS

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## Culture

Pumpkins have held cultural, spiritual & practical significance in Indigenous communities for thousands of years, symbolizing gratitude & a deep connection to the land. Their seasonal growth serves as a reminder of harmony with nature & community interdependence.



## History

Cultivated in the American Southwest over 6,000 years ago, pumpkins were also grown in Mexico, Central & South America & the eastern U.S. Indigenous people used every part of the plant: pumpkins were roasted, boiled, or dried—dried pumpkin being especially valued for winter storage.



## Utility

Seeds were dried or roasted for healthy fats & protein, while blossoms added flavor & nutrition to stews. Medicinally, seeds & pulp were used as natural remedies. Dried outer shells served as containers for grains & other essentials.



## Works Cited



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## Recommended Kids Books:

- *Hungry Johnny* - By Wesley Ballinger