RECIPE

Pumpkin Pie Bars

A dessert of spiced pumpkin custard on a nutty whole-wheat olive-oil crust, baked in one square pan and cut into neat chilled bars.

MAKES

16 bars US Metric

TOTAL

4 h 45 min

Ingredients

- [ ] ¾ cup all-purpose flour
- [ ] ¾ cup whole-wheat flour
- [ ] 2 tbsp granulated sugar
- [ ] ¼ tsp fine salt, for the crust
- [ ] ⅓ cup olive oil
- [ ] 1 can (15 oz / 425 g) pumpkin purée
- [ ] 1 cup fat-free evaporated milk
- [ ] 3 large eggs
- [ ] ½ cup packed light brown sugar
- [ ] 2 tsp pumpkin pie spice
- [ ] ½ tsp ground cinnamon
- [ ] ¼ tsp fine salt, for the filling
- [ ] 1 tsp vanilla extract
- [ ] Olive oil for the pan
- [ ] Parchment paper for the pan

Method

1. Heat the oven to 350 °F and set the rack in the lower third. Brush a 9-inch square pan with a little olive oil and line it with parchment, leaving two sides hanging over as handles.

2. Stir both flours, the sugar and ¼ tsp salt together. Pour in the olive oil and mix with a fork until the crumbs look like damp sand and hold when squeezed.

3. Tip it into the pan and press it flat and firm, with the bottom of a measuring cup. Bake 20 to 25 minutes, until pale gold at the edges.

4. While the crust bakes, whisk the pumpkin, evaporated milk, eggs, brown sugar, spices, ¼ tsp salt and vanilla until smooth.

5. Pour the filling over the hot crust. Bake 40 to 50 minutes, until the edges are set, the middle wobbles only a little, and a thermometer in the middle reads 160 °F.

6. Cool on a rack for 1 hour. Cover and refrigerate at least 4 hours, until firm.

7. Lift the bars out by the parchment and cut into 16 squares with a clean knife. Keep them in the refrigerator.