

PUMPKIN RECIPES

Pumpkin Cheesecake

1½ cups crushed graham crackers
2 Tbs. Melted butter
2 lb. Cream cheese
1 cup sugar
4 Tbs. Flour
Pinch of salt
4 egg yolk beaten
1 cup half-and-half
1½ cups pumpkin
2 tsp. pumpkin pie spice

Combine melted butter with the crushed graham crackers and 2 Tbs. sugar and mix well. Put into bottom and half way up sides of a 10-inch spring form pan.

Mix cream cheese with 1 cup sugar.

Mix flour, salt, beaten egg yolks and cream with pumpkin and spice. Add to cream cheese mixture. Pour into spring-form pan.

Bake for 1½ hours at 300° After baking, leave cake in oven with door open until cake is completely cooled.

Quick Pumpkin Pudding

1 pkg. (about 5 oz) INSTANT vanilla pudding and pie filling mix
1 can (12 oz) evaporated milk
OR
1 ½ cups regular milk
1 can (15 oz) 100 percent pure pumpkin (puree)
1 tsp. pumpkin pie spice

Beat pudding mix and evaporated milk according to package directions in a large bowl. Chill 5 minutes.

Add pumpkin and pumpkin pie spice; mix well. Spoon into dessert dishes. Chill 10 minutes or until ready to serve. Top with whipped cream before serving.

Pumpkin Popovers

¼ cup canned pumpkin puree
3 large eggs
3 large egg whites
2 cups skim milk
2 Tbs. Vegetable oil
2 cups all-purpose white flour
½ tsp. Salt
¼ tsp. Pumpkin-pie spice
1/8 tsp. Cayenne

Place a 12-cup muffin pan on a baking sheet in the oven to preheat at 400°.

In a bowl, whisk together pumpkin puree, eggs, egg whites, skim milk and vegetable oil until smooth.

In a large bowl, combine flour, salt, pie spice and cayenne. Add pumpkin mixture and whisk until smooth.

Remove the muffin pan from the oven and coat it with nonstick cooking spray.

Divide the batter among the prepared cups. Bake the popovers until they are puffed and browned, about 25 minutes.

Remove the popovers from the oven and reduce the oven temperature to 350°. With a small knife cut small slits into the sides of the popovers, about 3 or 4 per popover.

Bake an additional 7 to 10 minutes. Serve hot. Makes 12 popovers.

***For excellent flavor in your pumpkin recipes, substitute golden hubbard squash. Steam or bake until tender. Blend in food processor until smooth.**

Pumpkin Cookies

- ¾ Cup canned pumpkin puree
- ¾ cup packed brown sugar
- ½ cup nonfat plain yogurt
- 2 Tbs. Vegetable oil
- 1 tsp. Vanilla
- 1 cup raisins
- 2 cups sifted cake flour
- 1 tsp. Ground cinnamon
- ½ tsp. Ground ginger
- ½ tsp. Baking soda
- ½ tsp. Salt
- ¼ tsp. Allspice
- ¼ tsp. Ground nutmeg

In a large bowl, whisk together pumpkin, sugar, yogurt, oil and vanilla until smooth. Stir in raisins.

In a medium sized bowl, stir together all dry ingredients. Using a wooden spoon, mix the dry ingredients into the wet, mixing just until blended.

Drop the batter by Tablespoonfuls onto a greased baking sheet. Bake for 15 minutes, or until lightly browned.

Makes about 3 dozen.

Pumpkin Pudding

- 2 Cups pumpkin puree
- 4 eggs
- 2 cups heavy cream
- ½ cup amaretto liqueur
- ½ cup water
- 1 cup honey
- ½ cup raisins
- ½ cup currants
- 4 Tbs. Flour
- Heavy cream

Put all the ingredients except the cream in a food processor or blender and mix thoroughly. Put the batter in a shallow, lightly buttered baking dish, and place the dish in a pan containing about 1 inch hot water. Bake at 350° for 50 to 60 minutes. Serve hot or at room temperature with heavy cream to pass at the table. Serves 6-8

Pumpkin Sweet Bread

- 2 cups all-purpose flour
- 1 tsp. Baking powder
- ¼ tsp. Baking soda
- ½ tsp. Salt
- 1 tsp. Cinnamon
- 1 tsp. freshly grated nutmeg
- ½ cup shortening
- 1 cup brown sugar
- 1 egg
- 1 cup puree cooked pumpkin
- 2 Tbs. Molasses
- 1 tsp. Vanilla
- 1 cup shredded coconut

Sift the flour, baking powder, and baking soda with the salt and spices.

In a separate bowl cream together the shortening and the sugar, and stir in the egg, pureed pumpkin, molasses, and vanilla.

Stir the dry ingredients into the pumpkin mixture, and stir until just blended. Add the coconut.

Spread the batter in a greased 10x13 inch shallow baking pan. Bake at 350° for 30 minutes. Cut when slightly cool.

Makes 24 squares.

Pumpkin Smoothie

- 1 can (15oz) 100 percent pure pumpkin (puree), chilled
- 1 can (12 oz) evaporated milk, chilled
- 1 ½ c orange juice
- ½ c (1 small) sliced banana
- 1/3 c packed light brown sugar
- ice cubes (optional)
- ground cinnamon (optional)

Combine pumpkin, evaporated milk, orange juice, banana and brown sugar in blender container.

Cover; blend until mixture is smooth.

Pour over ice. Sprinkle with cinnamon.

Stuffed Pumpkin

This makes a very handsome party dish

- 1 perfect pumpkin, about 6 pounds
- 4 tbs. butter
- 1 cup bulgur wheat
- 1 cup water
- 3 tbs. vegetable oil
- 2 medium onions, peeled and chopped
- 4-5 garlic cloves, minced
- ½ large sweet red pepper, chopped
- ¼ lb. mushrooms, chopped fine
- 2¼ lb. ground lamb
- 1 tsp. cinnamon
- 1/3 cup chopped parsley
- ¼-1/3 cup fresh chopped mint
- 1 tbs. chopped fresh coriander or parsley
- 2 eggs, lightly beaten
- Freshly ground pepper and salt

The Sauce:

- 3 cups seasoned chicken broth
- 1½ tbs. Cornstarch
- ½ cup lemon juice
- 4 egg yolks

Cut a lid out of the pumpkin large enough to scrape out the guts easily. Sprinkle some salt inside and set upside down while you are making the stuffing.

Melt the butter in a sauce pan and add the bulgur wheat, stirring to coat the grains. Pour the water on top, salt lightly, cover, and cook gently for 20 minutes.

Heat the oil in a large skillet and sauté the onions until they are limp, adding the garlic for the last minute of cooking. Add the red pepper, mushrooms, and ground lamb, and sauté, stirring occasionally, for 5 minutes.

Stir in the cooked bulgur wheat, all the spices and herbs, the eggs, salt and pepper generously, tasting to make sure that you have a highly seasoned stuffing.

Spoon this mixture into the pumpkin shell, cover with foil and then with the pumpkin lid, and place in a pan with about 1 inch of water in the bottom.

Bake at 375° for 3 hours, or until tender, adding more water to the pan as necessary.

A little before serving, prepare the sauce. Heat the chicken broth. Dissolve the cornstarch in the lemon juice, then stir into the hot broth. Beat the egg yolks and gradually stir in about ½ cups of the hot, thickened broth to temper them, then whisk the eggs into sauce. Keep over hot water until ready to serve.

To serve, cut slices from top to bottom, keeping the stuffing intact, and spoon some of the sauce over each wedge.

Serves 8-10.

Pumpkin Pecan Pie

- 1 cup 100 percent pure pumpkin (puree)
- 1/3 c granulated sugar
- 1 large egg
- 1 tsp pumpkin pie spice
- 1 unbaked 9 in deep dish pie shell
- 2/3 c light corn syrup
- ½ c granulated sugar
- 2 large eggs
- 3 Tbs. butter or margarine, melted
- ½ tsp. vanilla
- 1 cup pecan halves

Pumpkin layer: combine pumpkin, sugar, egg and pumpkin pie spice in a medium bowl, stir well. Spread over bottom of pie shell.

Pecan Layer, combine corn syrup, sugar, eggs, butter and vanilla in same bowl: stir in nuts. Spoon over pumpkin layer.

Bake in preheated 350° oven 50 minutes, or until knife inserted in center comes out clean. Cool on wire rack.

***For excellent flavor in your pumpkin recipes, substitute golden hubbard squash. Steam or bake until tender. Blend in food processor until smooth.**

Jack-Be-Little Cranberry Hazelnut Bread Pudding with Orange Cinnamon Cream

4 (3-4 inch in diameter) pumpkins
Honey for rubbing inside

Filling

½ cup half and half
½ cup milk
2 Tbs. Cream cheese
2 eggs
¼ cup honey
1 tsp. Grated orange rind
¼ tsp. Ground nutmeg
¼ tsp. Ground cinnamon
¾ cup cubed whole wheat bread, or your choice
3 Tbs. Dried cranberries, coarsely chopped
¼ cup hazelnuts, toasted and chopped

Orange Cinnamon Cream

1/3 cup heavy cream, chilled
1 Tbs. honey
¼ tsp. Grated orange rind
1/8 tsp. Ground cinnamon
1 tsp. Orange flavored liquor

Neatly cut the tops off the pumpkins and scrape out the seeds and loose fiber thoroughly, being careful not to cut through the bottom. Put the tops back on the pumpkins, place them on a baking sheet and bake for 20-25 minutes, or until the flesh is tender. When cool, rub the insides with honey.

Filling: In a blender, combine the half and half, milk, cream cheese, eggs, honey, orange rind, nutmeg and cinnamon and blend well.

In a small bowl, toss together the bread, cranberries and nuts. Divide the bread mixture and the liquid between the pumpkins.

Bake at 350° for 20 to 30 minutes.

Place a filled pumpkin on an individual serving plate and top with a dollop of orange cinnamon cream. Place the pumpkin lid gently to the side of the cream.

Makes 4 servings.

Squash Baked Wild Rice Pilaf with Fruit and Pecans

This makes a nice accompaniment to roast chicken

1 winter squash (or pumpkin) 8 in diameter
¼ cup wild rice
½ cup brown rice
½ tsp. Grated orange rind
½ tsp. Grated lemon rind
2 Tbs. Fresh lemon juice
1 Scallion, minced
2 dried figs, chopped
2 dried apricot halves, chopped
1 Tbs. Raisins, chopped
¼ cup pecans, coarsely chopped
1/3 diced, peeled green apple
1/8 tsp. Ground allspice
1/8 tsp. Ground clove
1 Bay leaf
1 tsp. Salt
1 pinch cayenne pepper
2¼ cups chicken broth
¾ cup apple cider (or juice)

Cut the top off the squash and scrape out the inside.

Place all of the remaining ingredients in a saucepan and bring the mixture to a boil. Cover the pan and reduce the heat and simmer for 45 minutes.

Spoon the rice mixture into the squash and replace the top. Place the squash in a baking pan and bake for 45 to 60 minutes at 350° until the rice is done and the squash is tender.

To serve, place the squash on a serving plate. Remove the top and with a large knife, cut it through in wedges, giving each serving a wedge of squash with pilaf, or serve pilaf directly from squash.

Serves 4

Turkey Pot Pies Baked In Mini-Squashes With Whole-Wheat Herb Biscuit Tops

Pies:

- 4 mini winter squashes, 4-6 inch diameter
- 1½ cups chicken broth
- 1/3 cup thinly sliced carrots
- ½ cup thinly sliced celery
- 1/3 cup (½ inch cut) green beans
- 1/3 cup diced red bell pepper
- 1 cup milk, more or less as needed
- 2 Tbs. Butter
- ¼ cup chopped onion
- 2 large mushrooms, chopped
- 3 Tbs. Whole wheat flour
- ¼ tsp. each, dried sage, thyme and oregano
- 1/8 tsp. dried dill weed
- 1 Tbs. Chopped fresh parsley
- 1 dash Tabasco sauce
- 1/8 tsp. freshly ground black pepper
- ½ tsp. salt
- 1 cup cubed cooked turkey or chicken

Biscuit tops:

- 1 cup unbleached all-purpose flour
- ¾ cup whole wheat flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ cup shortening
- ½ tsp. each dried sage, thyme, oregano
- ¼ tsp. dried dill weed
- 1 tsp. finely chopped fresh parsley
- ¾ cup low fat buttermilk
- 1 tsp. honey

Cut the top off the squash. Scrape out the inside of the squash. Place the tops back on the squash. Put on a baking sheet and bake for 30 minutes or until the flesh is tender. Bake at 350°.

Put the chicken broth in a pot and bring it to a boil. Add the carrots, celery, green beans, and red pepper and blanch until al dente (crisp-tender). Drain the vegetables and set them aside. Pour the remaining stock into a large measuring cup and add enough milk to make 1 ½ cups stock mixture.

In a heavy saucepan, melt the butter over medium heat. Add the onion, mushrooms and sauté 2 to 3

minutes, or until soft. Stir in the flour and cook for 1 minute. Gradually whisk in the stock mixture until the ingredients are well mixed. Add the herb and seasonings and cook over low heat 2-3 minutes. Then stir in the vegetables and turkey meat. Remove the mixture from the heat and keep warm.

Prepare the dough for whole wheat herb biscuits: Sift the dry ingredients together into a large bowl and cut in the shortening. Stir in the herbs.

In a small bowl, combine the buttermilk and honey, mix well and add to the dry ingredients. Stir the mixture gently with a fork. Turn it out onto a lightly floured surface and divide it into 4 equal pieces. Pat each biscuit into a round the size of the squash tops.

When the squashes are done, remove them from the oven and raise the oven temperature to 400°. Trim off any excess flesh around the edges of the squash, making a nice space for the turkey filling. (Extra squash flesh can be added to the filling).

Fill the squashes with filling and top each one with a biscuit round.

Place the assembled squashes on a baking sheet and bake in the preheated oven approximately 20 minutes or until the biscuit is baked.

Serves 4

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Pumpkin Seeds

To prepare, rinse the seeds and place them on a cookie sheet. Salt the seeds and bake them in an oven heated to 375 degrees for 45 minutes.

Rum Flavored Pumpkin Pie

1½ cup cooked winter squash or pureed pumpkins
1 cup sugar
1 Tbs. Brown sugar
1 cup heavy cream or evaporated milk
3 eggs
2 Tbs. Rum
1 tsp. Cinnamon
1 tsp. Nutmeg
½ tsp. Ginger
½ tsp. Salt
1/8 tsp. Ground cloves
1/8 tsp. Ground allspice
Basic Pie Dough for Single (9-inch)

In a large mixing bowl, mix the squash or pumpkin with sugar and cream or evaporated milk. Beat well, add 1 egg at a time, until the mixture is well blended. (Before adding the last egg, remove a little of its white and set aside for use in painting the pastry).

Season the filling with the rum and spices and stir until they are blended.

Line 1 9-inch pie pan with the pastry and brush it with egg white. Fill with the filling, and bake at 450° for 10 minutes, then bake at 300° for 45 minutes, until firm.

Pumpkin Pie-Sugarfree

2 cups canned pumpkin
¾ cup Steel's Gourmet Honey Nature Sweet
1½ cups evaporated skim milk
2 large eggs
1½ teaspoons cinnamon
¼ teaspoon ground cloves
1 teaspoon ginger
1 9 inch pie shell
Preheat oven to 450°

Brush pie shell lightly with egg white.

Beat eggs with Steel's Gourmet Honey Nature Sweet and spices. Turn the mixture into crust and bake until knife inserted comes out clean, or about 30 minutes.

Boiled Pumpkin

1 (3 to 4 lb.) ripe pumpkin, peel and cut in 2 to 3 inch chunks OR strips
1 qt. Boiling water
1 ½ tsp. salt
Pinch pepper
2 to 3 TBS. butter OR margarine

Place pumpkin, water and salt in a saucepan. Cover and boil gently 25 to 30 minutes, or until fork tender.

Drain, add pepper and butter. Serve.

To Parboil for use in other recipes: Boil as directed but reduce cooking time to 15 minutes; omit seasonings.

To steam: Place pumpkin chunks or strips in a steamer over rapidly boiling water. Cover and steam 30 to 35 minutes, until fork tender. Season and serve.

Pumpkin Bars

¾ cup flour
¾ teaspoon salt
½ teaspoon baking soda
½ teaspoon nutmeg
½ teaspoon cinnamon
2 eggs
1 cup brown sugar
2/3 cup canned pumpkin
¼ cup cooking oil
½ cup nuts

Mix dry ingredients.

Beat eggs, add sugar, then oil. Add dry ingredients with pumpkin and nuts.

Pour in 9x9x2 inch greased baking pan.

Bake at 350 degrees for 30 minutes. Cool 5 minutes.

Remove from pan and frost, if desired.

Pumpkin Risotto

3½ cups chicken broth
1 small pumpkin (about ½ lb)
6 Tbs. unsalted butter
1 large leek, white part only, halved lengthwise, rinsed, and diced.
1 cup Arborio rice
1 cup dry white wine
¼ cup Mascarpone (preferably imported Italian)
1/3 cup freshly grated Parmigiano Reggiano

Heat the broth in a small pan and keep it hot.

Cut off the pumpkin stem. With a vegetable peeler, remove the skin. Cut the pumpkin in half, and remove and discard the seeds and stringy flesh. Dice enough of the pumpkin to make 1 cup. (save any remaining pumpkin for another use; soup is a particularly good possibility.)

In a large, heavy saucepan, melt the butter. Add the pumpkin and leek and cook over medium heat, stirring often, until softened, about 10 minutes.

Add the rice and stir well to coat it with the butter. Cook, stirring, until the rice begins to crackle, about 5 minutes; do not let the rice brown.

Slowly add ½ cup of the broth and stir constantly until the rice absorbs all the liquid; add 2 tablespoons of the wine and continue stirring until it is absorbed by the rice. Continue adding broth and wine alternately to the rice, stirring all the while, until the rice is al dente and has a creamy consistency, about 15 minutes.

Stir in the Mascarpone and Parmigiano, blending well and stirring until the Mascarpone melts. Serve immediately.

Serves 4.

***For excellent flavor in your pumpkin recipes, substitute golden hubbard squash. Steam or bake until tender. Blend in food processor until smooth**

Homemade Pumpkin Pie

2 cups stewed pumpkin (a bit drier consistency than applesauce)
2 eggs
2/3 cup brown sugar
1¼ cups whole milk or half-and-half
2 Tbsp butter
2 tsp maple syrup
1 tsp cinnamon
¼ tsp ground cloves
½ tsp ground nutmeg
¼ tsp ground ginger
a pinch salt
a pinch pepper

Cut pumpkin into slices 2 inches thick and pare off the skin. Dice the skinned pumpkin into 2 inch cubes, add to a skillet, and add enough water to steam. For a 10 pound pumpkin in a 12 inch skillet, we used 1 cup of water. Cover the skillet and steam on medium heat for several hours. Keep an eye on the amount of water remaining and when it becomes soft mash it down. Remove the cover from skillet and when it reaches the texture of applesauce, let it dry out another 10 minutes on a low heat.

Measure out 2 cups and put into a bowl. Add 2 Tablespoons butter to warm pumpkin puree and let it melt.

Preheat oven to 425°

In another bowl, beat the eggs well and beat in brown sugar, milk, salt, pepper, maple syrup, spices and finally the pumpkin mixture. Pour this into the pie shell and place in center oven rack at 425° for 10 minutes. Reduce heat to 350° and continue to bake until the custard is firm. This should take a total of forty minutes. Cool and serve.

Half Moon Bay Pumpkin Bread

3 cups sugar
3½ cups flour
½ tsp. salt
2 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg
4 large eggs
1 cup vegetable oil
2 cups pumpkin (cooked)
2/3 cups water
1½ cups walnuts, chopped

Preheat the oven to 350°. Butter your containers well.

Sift the dry ingredients together into a large bowl. Mix thoroughly. Make a well in the center of the dry ingredients; add eggs, oil, pumpkin and water. Beat thoroughly. It's easier to get all the lumps out if you use an electric mixer. Stir in the walnuts with a wooden spoon.

Pour the batter into the containers, filling each only 1/2 to 2/3 full. Bake for 60-90 minutes, depending on the sizes of your containers. The bread is done when a toothpick in the middle comes out clean. Cool about ten minutes, then loosen the edges of the bread with a knife, and turn out of the pans to cool the rest of the way on a rack.

Torta di Zucca

A hearty pumpkin pie, Italy

2 lbs. of pumpkin or butternut squash
4 tbs. unsalted butter
4 large fresh sage leaves
2 large cloves garlic, peeled but left whole
2 cups ricotta, drained
½ cup freshly grated Parmesan
4 extra large eggs
Salt and Pepper
Nutmeg
2 tbs. Sweet butter

Halve and clean the squash or pumpkin and cook it by baking it, cut sides down, on a greased sheet in the oven at 350°, for about one hour. When tender, blend the meat.

Melt the butter in a large skillet. Add the sage and the garlic and saute slightly, without letting them color. Add the pumpkin, lower the heat and saute for 15 minutes, stirring constantly. Transfer to a bowl and let cool completely. Remove the sage and the garlic from the bowl.

Preheat the oven to 375°. Heavily butter a 10-inch spring form pan and line it with breadcrumbs.

Add the ricotta to the cold pumpkin. Stir until completely smooth. Add Parmesan, eggs, salt and pepper to taste, and a pinch of nutmeg, and mix well. Transfer the mixture to the prepared pan and bake for 70 minutes, until firm and golden on top.

Let the torta rest on a rack for 15 minutes before releasing the form.

Cut into slices and decorate with a few sage leaves.

Pumpkin Roll Cake

2 tsp. confectioners sugar
3 large eggs
1 cup granulated sugar
¾ cup self rising cake flour
2/3 cup pumpkin puree
2 tsp. cinnamon
1 tsp. ground nutmeg
1 tsp. vanilla
1 tsp. fresh lemon juice
For the icing
1 cup confectioners sugar
8 ounce package low fat cream cheese
1 tsp. vanilla

Preheat oven to 325°.

Spray a jellyroll pan with nonstick spray and sprinkle lightly with flour. Dust a clean dishtowel with 1 tsp. of the confectioners' sugar.

Combine the eggs, granulated sugar, flour, pumpkin, cinnamon, ginger, nutmeg, vanilla and lemon juice; beat well. Pour into pan and bake 15 minutes. Let cool 5 minutes, then invert onto the dishtowel.

Sprinkle the cake with 1 teaspoon of confectioners' sugar, then roll up cake and towel together, jelly-roll style. Let cool.

To make the icing: Cream the confectioners' sugar, cream cheese and vanilla in a large bowl. Unroll the cake, spread the icing on top, and then re-roll the cake without the towel.

Refrigerate until chilled.

Sprinkle with the remaining (1) teaspoon of confectioners' sugar.

Baked Pumpkin Puree

1½ lbs. pumpkin, in pieces, peeled and seeded
½ lb. potatoes peeled and cubed
2 eggs
6 tbs. Butter
1 cup grated Gruyere cheese
1 tbs. grated Parmesan cheese
salt and pepper

Boil pumpkin and potatoes together in salted water until soft. Drain well and then mash into a puree.

Beat the eggs and stir them into the vegetables with 4 tablespoons of butter.

Mix the cheeses together and add about half of the mixture to the puree.

Season to taste, adding salt and plenty of black pepper and more cheese if needed.

Grease a gratin dish and pour mixture into it. Sprinkle the top with the remaining cheese. Melt the last of the butter and drizzle it over the top as evenly as possible.

Bake at 350° until nicely browned and the edges bubbling.

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Low Fat Pumpkin Pie

1 egg
1/3 cup sugar
¼ tsp. salt
1 tsp. cinnamon
½ tsp. vanilla
½ tsp. ginger
¼ tsp. nutmeg
15 oz pumpkin
¾ cup fat free evaporated milk
1 unbaked 9 in pie shell

Preheat oven to 425°.

In a large bowl, lightly beat egg. Stir in sugar, salt, cinnamon, vanilla, ginger and nutmeg. Add pumpkin and evaporated milk. Stir until well combined. Pour into pie shell.

Bake for 15 minutes. Reduce heat to 350°. Bake until toothpick inserted into center comes out clean, about 25 minutes. Cool for 1 hour before serving.

*Try topping this fall classic with a low-fat sour cream sweetened with a pinch of sugar and cinnamon.

Pumpkin Spice Bars

2 cups graham cracker or gingersnap crumbs
7 tbs. butter, melted
1 2/3 cups plus ¼ cup sugar, divided
2 cups all purpose flour
2 tsp. cinnamon
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
4 eggs
15 ounces Sugar Pumpkin puree
1 cup vegetable oil
1 can (16 oz) cream cheese frosting
Halloween shaped sprinkles

Preheat oven 350°. Line a 15 X 11 inch pan with foil, set aside.

In a small bowl, mix graham cracker crumbs, butter and ¼ cup sugar until well combined. Spread mixture into prepared pan. Using a measuring cup with a flat bottom, smooth mixture to form an even crust.

Bake crust until fragrant, about 6 minutes; let cool completely.

In a medium bowl, combine flour, cinnamon, baking powder, baking soda and salt. In a separate bowl, beat eggs, remaining sugar, pumpkin puree and oil. Stir in flour mixture.

Using a rubber spatula, spread the pumpkin mixture evenly over the cooled crust in pan.

Bake until filling pulls away from the pan, 25 to 30 minutes. Let cool completely in pan.

Frost the top of the cooled bars with cream cheese frosting. Gently drag the tines of a fork from side to side through the frosting to create a wave pattern. Sprinkle with Halloween shaped sprinkles.

Cut into 24 bars and serve.