



1 QUICK RECIPE:

Pumpkin Crunch Granola Bars

3 Cups Old Fashioned Rolled Oats, *NOT Quick Cooking Oats
 ¼ Cup Whole Wheat Flour
 2 Tsp Pumpkin Pie Spice, OR 1 Tsp Cinnamon, ½ Tsp Ginger, ¼ Tsp Nutmeg, ¼ Tsp Ground Cloves
 ½ Tsp Sea Salt
 1 Cup Pumpkin Puree, NOT pumpkin pie filling
 ½ Cup Maple Syrup, the darker the better
 ¼ Cup Brown Sugar
 2 Tsp Vanilla
 ¾ Cup Chopped Dates
 ¾ Cup Toasted Pumpkin Seeds

Step One Step One Preheat the oven to 350F. Spray or oil rub an 8 x 8 baking pan and cover the bottom with parchment.

Step Two In a large bowl, mix the oats, flour, spices and salt together.

Step Three In a smaller bowl, mix the pumpkin, syrup, sugar and vanilla together.

Step Four Add the pumpkin mixture to the dry mixture. Add the dates and seeds. Combine well and pat into the prepared pan. Place in the 350F oven and cook for 20 – 25 minutes until firm. Let cool before cutting.



2 KITCHEN SCOOP

*When a recipe calls for old-fashioned oats, it's relying on their chewy texture and structure. These thicker oats hold their shape during cooking or baking. Quick oats, on the other hand, absorb liquid more rapidly and tend to break down into a softer, mushier consistency.

Pumpkin granola bars aren't just for breakfast— they can be dessert too: toasty oats, warm spices, fruit and seeds with a hint of caramelized sweetness. To bring out all those autumn flavors, try pouring a tawny Port alongside. Its nutty, caramel, and dried-fruit notes echo the toasted oats and brown sugar in the bars, while its gentle sweetness and smooth texture complement pumpkin's warmth without overwhelming it.

3 CLEVER

If you've ever tried to chop dates, you know how quickly they can turn your knife into a gooey mess. The trick? A little prep makes all the difference. Toss your pitted dates with a light dusting of flour (just enough to coat them), or chill them in the fridge for 10–15 minutes before chopping. The flour keeps the sticky sugars from clinging to your knife, and the cold firms them up just enough to slice cleanly.

4 CHEERS!

**Sandeman Tawny Port
Portugal**
About \$20