Paleo Pumpkin Pie Bars

I love these sugar, dairy and gluten-free bars that taste like pumpkin pie. You can Dairy-free, paleo-friendly and tastes just like pumpkin pie! You can eat them plain or dress them up with a non-inflammation producing icing.

**The Filling Ingredients:**

2 ½ cups organic pumpkin pureed (canned or whole, baked and pureed)

2/3 cup canned full-fat organic coconut milk (or almond, hazel nut, sesame seed, flax milk)

4 pastured eggs, whisked

10 drops liquid monk fruit

2 tsp. pure vanilla extract

4 tsp. pumpkin pie spice mixture

1 tsp. fresh grated ginger root

1 tsp. baking soda

½ tsp. ground cardamom

¼ tsp. sea salt

**The Topping Ingredients (optional):**

½ cup coconut butter, melted

½ tsp. pumpkin pie spice mixture

½ tsp. fresh grated ginger root

½ cup raw organic pecans, finely chopped

**The Crust Ingredients:**

3 cups fine almond flour

1 cup raw organic pecans, finely chopped

1 TBSP. pumpkin pie spice mixture

1 tsp. baking soda

Pinch of sea salt

6 Tbsp. organic ghee, melted

10 drops liquid monk fruit

2 tsp. pure vanilla extract

**Directions:**

Preheat oven to 350ºF.

Combine all of the dry ingredients for the crust in a bowl and mix until a dough forms.

Line a 13x9 inch pan with parchment paper. Press the crust dough into the pan with fingers. Bake for 10 minutes in oven.

Next stir all of the filling ingredients together in a medium bowl.

Pour the filling into the pan with the cooled crust.

Bake for 30 minutes until a knife inserted into the middle comes out clean.

Allow the bars to cool for at least 20 minutes, or overnight, before serving.

**For the topping:** Melt the coconut butter on the stove top. Remove from the heat and add the spices, vanilla, and nuts. Stir and drizzle over the bars before serving.