

## Pumpkin Cake or Bars

24 servings

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Pumpkin is an excellent source of vitamin A and a good source of fiber.

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1 (15 ounce) can pumpkin

1 box spice cake mix

1/2 cup water

### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 °F. Spray your choice of pan, (Bundt pan, muffin pan, or 10x15-inch baking dish for bars).
3. In a large bowl, combine all ingredients until well blended.
4. Bake for 15-20 minutes or until a toothpick inserted near the center comes out clean.



***Nutrition Information per Serving: (1/24 of recipe) Calories 100, Total Fat 2.5g, Saturated Fat 1g, Cholesterol 5mg, Sodium 170mg, Total Carbohydrate 17g, Dietary Fiber <1g, Sugars 10g, Protein 1g, Vitamin A 60%, Vitamin C 2%, Calcium 2%, Iron 4%.***