Noble Alchemy

Grain-Free Pumpkin Crumble Bars

These are the kind of pumpkin bars that feel like dessert should feel: rich, creamy, warmly spiced, and just decadent enough to make you slow down and enjoy them. The soft pumpkin center sits between a tender crust and a crunchy crumble topping, giving you a little bit of everything in each bite. Served cold after they've had plenty of time to set, they're dense, satisfying, and full of fall flavor without being overwhelmingly sweet.

They're perfect with a cup of tea or coffee, for a fall gathering, or straight from the refrigerator when you want something that feels a little special. Just be warned: waiting for them to chill and set may be the hardest part of the recipe.

Watch the full demo on my YouTube channel.

Choose organic ingredients whenever possible.

Ingredients

The Crust

2½ cups almond flour
⅓ cup date sugar
½ teaspoon Real Salt
3 tablespoons grass-fed ghee, melted
3 tablespoons unsweetened applesauce

The Filling

½ cup thick organic coconut cream, chilled
1 cup organic canned pumpkin
¼ cup date syrup
2 teaspoons organic pumpkin pie spice blend
2 tablespoons almond butter
¼ teaspoon vanilla powder
⅛ teaspoon Real Salt
1½ tablespoons total ground chia seeds

The Topping

¼ cup almond flour
2 TB Date sugar
1TB Ghee, melted
½ cup organic coconut flakes
½ cup organic pecan pieces
1 teaspoon organic ground cinnamon

Instructions

Preheat the oven to 325°F. Cut a piece of parchment paper about 9 inches wide and press it into a 9 x 9-inch baking dish so the bottom is completely covered and the parchment overhangs two opposite sides of the pan. This will make the bars much easier to lift out after chilling.

Whisk the almond flour, date sugar, and salt together in a bowl, breaking up any lumps. Add the melted ghee and applesauce and mix thoroughly until evenly combined and crumbly.

Press the mixture firmly and evenly into the bottom of the prepared baking dish, then bake for about 20–25 minutes, until it turns lightly golden around the edges.

While the crust bakes, measure ½ cup of the thick portion of the chilled coconut cream and add it to a food processor. Add the pumpkin, date syrup, pumpkin pie spice, almond butter, vanilla powder, salt, and ground chia/flaxseed mixture. Process until completely smooth, stopping to scrape down the sides as needed. Let the filling rest in the food processor for 10–15 minutes. This gives the ground chia time to absorb some of the moisture and begin thickening the filling before it goes into the oven. Smooth the filling over the baked crust.

Make the topping: Combine the almond flour, date sugar, and ghee and ½ aside. Mix the remaining almond flour mixture with the coconut flakes, pecan pieces, cinnamon, and mix in a small bowl. Toss everything together until evenly distributed and you have a loose, chunky crumble.

When the crust finishes its first bake, remove it from the oven and increase the oven temperature to 350°F.

Spread the rested pumpkin filling evenly over the hot crust.

Sprinkle the half of the almond flour mixture over the pumpkin filling and very gently press it into the surface. Sprinkle the remaining crumble with the pecans and coconut. and then sprinkle that onto the pumpkin filling over the almond flour mixture.

Bake at 350°F for about 30–35 minutes, until the topping is lightly browned and the filling appears set around the edges. (Check at the 20 minute mark to see if you need to cover and then cover if necessary with foil to keep the coconut from burning.) Upon removing from the oven,

the center may still have a slight softness to it; the bars will continue to firm as they cool and chill.

Allow the bars to cool completely in the pan on a cooling rack. Once cool, transfer the entire pan to the refrigerator and chill for at least 4 hours, although overnight is even better. The cold resting time is important because the filling continues to firm as the chia hydrates and the coconut cream chills.

Once completely set, use the parchment overhang to lift the bars from the pan. Cut into squares and serve chilled on a fancy plate.

Bon Appetit