

Chocolate Peanut Butter Bars

1/2c pecan meal
1/2c almond meal
1/2c peanut butter
1/3c flax meal
1T cocoa powder
1/4c honey or sweetener
1 egg and 1 egg white
6 scoops chocolate protein powder
1/4t salt

6 servings: Cal 396, Pro 33g, carb 12g, fiber 5g, sugar 4g, fat 26g
Mix all in large bowl. Spread into 8x8 baking dish coated with pam.
Bake 12 min @ 350

Cinnamon Raisin Bars

2c rolled oats
8 scoops vanilla protein powder
1c raisins
1 1/2c unsweetened applesauce
1T olive or flax oil
2t cinnamon
1t salt
1 t vanilla
1/4-1/2c honey or sweetener

8 servings: Cal 277, pro 26g, Carb 35g, fiber 5g, sugar 18g, fat 5g
Process 1c of the oats in a blender to make oat flour.
In a large bowl, combine oat flour, oats, raisins, protein powder, honey cinnamon and salt. Add applesauce and vanilla and mix. Cut 8 squares of foil about 6x10 inches each. Spray each with pam. Spoon equal amount of batter into each foil and wrap and shape into bars. Bake them in foil for 16-20 min @ preheated 350. do not overcook.