Michele Sodon

CHOCOLATE PEANUT BUTTER BARS

NUTRITION PER SERVING:

CALORIES	185
PROTEIN	11 G
CARBOHYDRATE	27 G
TOTAL FAT	4 G

PREP TIME:	10 MINUTES
COOK TIME:	15 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1 BAR
SERVINGS:	8

INGREDIENTS:

2½	CUPS OATS
½ C	CHOCOLATE WHEY PROTEIN POWDER
1 TSP	CINNAMON
2 TBSP	ORGANIC PEANUT BUTTER
3	EGG WHITES
2	MASHED BANANAS
1 TBSP	HONEY
4 TBSP	NONFAT MILK

01 Preheat oven to 350 degrees and coat an 8x8 pan with non-stick spray.

02 Mix the oats, protein powder and cinnamon. Add peanut butter and stir until well combined. Add egg whites, bananas, honey and milk.

03 Spoon the mixture into the prepared pan. Place in the oven and bake for 15 minutes or until set. Remove from oven and allow to cool slightly before cutting into 8 bars.

✔ Children can help mash the bananas.

Copyright 2020, AIR, Inc. All rights reserved.