



ME Recipe: Banana Walnut Protein Bars

Ingredients:

- 1 ½ cups old fashioned oats
- 3 bananas, mashed
- 5 scoops vanilla protein powder (whey works best, but vegetarian powders are ok)
- 4 egg whites
- ½ cup walnuts, finely chopped
- 1 TB vanilla extract
- 1 TB cinnamon

Directions:

Preheat oven 350 degrees F.

In a large bowl, combine all dry ingredients (oats, powder, walnuts, cinnamon) and stir lightly.

In a separate bowl, combine wet ingredients and beat lightly until smooth (not too much).

Pour wet ingredients into bowl with the dry ingredients and combine until mixed evenly.

Scoop mixture into a sprayed 9 x 9 pan and bake for 15 minutes.

Makes 9 bars: about 200 cal each and 20g ea proten and carb.