



## NUTRITION PER SERVING:

<b>CALORIES</b>	185
<b>PROTEIN</b>	11 G
<b>CARBOHYDRATE</b>	27 G
<b>TOTAL FAT</b>	4 G

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<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	15 MINUTES

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<b>YIELD:</b>	8 SERVINGS
<b>SERVING SIZE:</b>	1 BAR
<b>SERVINGS:</b>	8

## INGREDIENTS:

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

## CHOCOLATE PEANUT BUTTER BARS

- 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.

