

Pumpkin Protein Bars

Nutrition Facts:

(without walnuts): 1 square = 47 calories, .7 g fat, 8 g carbs, 3.7 g protein

(with walnuts): 1 square = 63 calories, 2.3 g fat, 8 g carbs, 4 g protein

Ingredients:

¼ Cup Stevia/Sugar Blend

1 - 4 oz. jar baby food applesauce

2 tsp. ground cinnamon

1 ½ tsp. ground ginger

½ tsp. ground clove

1 tsp. baking soda

1 tsp. baking powder

½ tsp. salt

2 tsp. vanilla extract

½ Cup liquid egg whites

1 - 15 oz. can of raw pumpkin

2 Cups oat flour

2 scoops vanilla whey protein

½ Cup almond milk

½ C chopped walnuts (optional) -- for the kiddo's I have used mini chocolate chips sprinkled on the top



Directions:

Preheat the oven to 350.

Spray a 9 X 13 Pyrex dish with non-stick spray.

Combine first 11 ingredients and mix well.

Add the final 3 ingredients (4, if adding walnuts or chocolate chips), and mix.

Spread batter into the Pyrex dish and bake for 30 min. (oven temps may vary cook times)

Makes 24 squares of delicious-ness!

Suggestion: keep refrigerated as it can go bad fast since it's so moist.