



Coconut-Oat Bars

Ingredients:

1/2 cup oats
1/2 cup liquid egg whites
1/2 scoop vanilla protein
2 tbsp reduced fat unsweetened coconut flakes
1/2 tsp coconut extract
Cinnamon and Stevia to taste
Splash of unsweetened coconut milk

Directions:

1. Preheat oven to 375 degrees.
2. Spray 8x8 pan with non-stick spray.
3. Blend all ingredients in a blender and pour into pan.
4. Bake for 15 minutes.
5. Cut into squares.

Nutrition Facts per Serving

Recipe Serves 2

Calories: 116

Fat: 3 g

Carbs: 21 g

Protein: 22 g