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## **Peanut Butter Fudge Bars**

### **Ingredients**

- 2 scoops chocolate protein powder
- 2 scoops flax meal (ground flax seeds)
- 4 tablespoons chunky natural peanut butter

### **Directions**

1. Mix these together in a bowl, adding ? cup water (or less if you can manage) and Trans-Plex Sweet-n-Up, to taste.
2. At first, it will seem like it's not enough water, but keep stirring, and it will eventually become a moldable blob of dough that looks like what you would imagine it will on the way out of your body.
3. Divide the mixture in half, and put it into separate pieces of plastic wrap, shaping into a bar within the wrap. It's easier to shape them by laying plastic wrap in one side of a small casserole dish, pressing the dough into the natural shape of the dish.
4. Put the bars into the fridge, or store them in the freezer. You can eat them chilled, or even frozen, or you can eat it right out of the bowl with a spoon if you're feeling impatient.

## **Almond-Coconut Bars**

### **Ingredients**

- 1/2 cup flax seed meal
- 5 tablespoons low fat cream cheese
- 1/2 cup sliced almonds (blanched and raw)
- 5 scoops chocolate whey protein powder
- 1/2 cup granulated Trans-Plex Sweet-n-Up

- 1/4 cup water
- ? tablespoon oil
- 1 teaspoon coconut extract
- 2 teaspoons almond extract

### **Directions**

1. Nuke the cream cheese just until it's soft enough to mix.
2. Combine all dry ingredients in bowl, and then mix in the rest, until it becomes a big glob. Resist the temptation to add more water; just keep stirring and it will mix.
3. Press into 8x8 brownie pan, sprayed with pam.
4. Chill and cut into 5 pieces. Put each piece in plastic wrap and store in fridge or freezer.
5. Like the other bars, these melt very easily; so don't keep them in your back pocket.

## **Banana Flax Loaf**

### **Ingredients**

- 4 scoops vanilla or chocolate protein powder
- ? cup flax meal
- ? cup granulated Trans-Plex Sweet-n-Up
- 1 teaspoon baking powder
- ? teaspoon salt
- 1 oz chopped walnuts
- 1 jumbo whole egg + 1 egg white, beaten
- 2 tablespoons olive oil
- 1 ? teaspoons banana extract
- ? cup water

### **Directions**

1. Set the oven to 350 degrees.
2. Stir all of the dry ingredients together in a large bowl, then add the oil, water, eggs, and banana extract and mix well.
3. Coat a 4X8-inch casserole dish with cooking spray, and pour-in the mixture.
4. Sprinkle some whole flax seeds over the top and bake for 25 minutes at 350 degrees (don't over bake or it will become dry).

