



Pumpkin Protein Bars

Ingredients

1-2 tsp of Stevia powder
4 oz. jar baby food applesauce (or unsweetened applesauce)
2 tsp ground cinnamon
1 1/2 tsp ground ginger
1/2 tsp ground clove
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
2 tsp vanilla extract
4 large egg whites
15 oz. can of raw pumpkin
2 cups oat flour
2 scoops Optimum Nutrition Gold Standard 100% Whey Vanilla or White Chocolate
1/2 cup chopped walnuts (optional)

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Spray a 9 X 13 Pyrex dish with non-stick spray.
3. Combine first 11 ingredients and mix well.
4. Add the final 3 ingredients and mix together.
5. Spread batter into the Pyrex dish and bake for 30 minutes.
6. Allow to cool. Then cut into 30 squares.