



Carrot Cake Protein Bars

Calories: 94

Fats: 1.25 grams

Carbs: 10 grams

Protein: 10 grams

Ingredients:

- 1 cup oat flour
- 2 scoops vanilla whey protein
- 2 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 4 egg whites
- 3/4 cup Splenda, Truvia, or Ideal
- 8 oz baby food carrots
- 4 oz water

Directions:

1. Preheat oven to 350 degrees.
2. Mix flour, whey protein, cinnamon, allspice, nutmeg, baking soda and salt together in a bowl.
3. Mix egg whites, Splenda, Truvia, or Ideal, baby food carrots and water (optional) in a bowl.
4. Add wet ingredients to dry ingredients and mix together.
5. Spray glass pyrex dish with non-stick butter spray.
6. Pour ingredients into dish.
7. Bake 20-30 minutes.

Makes 16 squares, 2 squares per serving.