



Pumpkin Protein Bars

Ingredients:

½ C Xylitol Brown Sugar Blend (Ideal)
1- 4 oz. jar baby food applesauce
2 tsp. ground cinnamon
1 ½ tsp. ground ginger
½ tsp. ground clove
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
2 tsp. vanilla extract
4 large egg whites
1- 15 oz. can of raw pumpkin
2 C oat flour
2 scoops vanilla whey protein
½ cup almond milk
½ C chopped walnuts (optional)

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), and mix until incorporated.
Spread batter into the Pyrex dish and back for 30 min.

Makes 24 squares.

Nutrition (without walnuts): 1 square = 47 calories, .7 g fat, 8 g carbs, 3.7 g protein
Nutrition (with walnuts): 1 square = 63 calories, 2.3 g fat, 8 g carbs, 4 g protein