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Creative Granola Bars

Ingredients

- 2 cups raw oat bran
- 2 cups rolled oats
- 1 cup whole wheat flour
- 1 cup egg whites
- 1 cup nonfat milk
- 2 cups chocolate whey protein powder
- .1/1/2 cup granulated Trans-Plex Sweet-n-Up
- 5-6 scoops maltodextrin (180 grams)
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 2 tablespoons oil (canola or olive)

Directions

1. Mix it all together in a big bowl, then spread it out on a large nonstick cooking tray.
2. Add some cooking spray, or wipe a little olive oil on the pan with a paper towel. Bake for 25-30 minutes @ 350 degrees.
3. Cut into 10 pieces.