


PUMPKIN PROTEIN BARS
 16 portions

INGREDIENTS

- 1-2 tsp. stevia powder
- 1/2 cup of applesauce, canned, unsweetened, with added ascorbic acid [122 g]
- 2 tps of spices, cinnamon
- 1.5 tps of spices, ginger, ground [3 g]
- 1/2 tsp of spices, cloves, ground [1 g]
- 1 tsp of baking powder
- 1 tsp of baking soda
- 1/2 tsp of salt
- 2 tps of vanilla extract
- 4 large egg whites
- 2 cups of oat flour, partially debranned [208 g]
- 2 scoops vanilla protein powder
- 15 oz. can pumpkin puree

COOKING METHOD

¹ Description: Equipment: 9X13 Baking Dish Instructions: 1. Preheat oven to 350 degrees. Spray a 9x13 dish with nonstick pan spray. Combine first 11 ingredients and mix thoroughly. 2. Add the oat flour and protein powder until mixed well. Spread batter evenly into 9x13 dish and bake 30 minutes. Allow to cool and then cut into 16 squares.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [65 g]	% DRI
ENERGY	134 kcal	88 kcal	4 %
FAT	2 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	269 mg	176 mg	7 %
CARBOHYDRATE	20 g	13 g	4 %
SUGARS	3 g	2 g	—
FIBER	3 g	2 g	8 %
PROTEIN	9 g	6 g	—