

Chocolate Protein Bars

1 cup Oat Flour

Ingredients:

4 Egg Whites

2 scoops Vanilla Whey Protein Powder

$\frac{1}{2}$ cup Splenda, Truvia, or Ideal

$\frac{1}{2}$ tsp. Baking Soda

$\frac{1}{4}$ tsp. Salt

8 oz. Berry flavored Baby Food

3 tbsps. Baking
Cocoa

Makes 16 squares, serving size=2 bars

4 oz. Water

Directions:

1. Preheat oven to 350 degrees.
2. Mix dry ingredients (oat flour, vanilla whey protein, baking soda, salt, baking cocoa) together in a large bowl.
3. Mix wet ingredients (egg whites, Splenda, Truvia, or Ideal, Berry flavored Baby Food, Water) together in a medium sized bowl.
4. Add wet ingredients to dry ingredients and mix together.
5. Spray cooking dish with a nonstick butter spray and add batter to dish.
6. Bake 20-30 minutes in oven.

