

## Oat-protein bar

Makes 12

2.5 cups oats  
3 scoops protein powder of your choice  
2.5 tbs flax meal  
1/4 cup honey or agave syrup  
4 oz unsweetened applesauce  
1/3 cup brown sugar\*  
1 tsp baking soda  
1 tsp vanilla extract

2 oz raw almonds, chopped  
1/4 cup dried fruit, chopped  
3/4 cup shredded coconut



Mix the oats, protein powder, flax meal, honey, applesauce, brown sugar, baking soda, and vanilla extract in a bowl. Mix in the remaining ingredients. Spray a cookie sheet with non-stick spray and press the mixture into the cookie sheet, scoring into 12 bars.

Bake at 325F for 18-20 minutes.  
Let cool completely, cut into 12 bars & enjoy!

\*If you want to eliminate the brown sugar, increase honey or agave to 1/2 cup.

### Nutritional Info

- Servings Per Recipe: 12
- Amount Per Serving
- Calories: 189.3
- Total Fat: 6.0 g
- Cholesterol: 1.3 mg
- Sodium: 148.1 mg
- Total Carbs: 26.2 g
- Dietary Fiber: 3.4 g
- Protein: 9.9 g