

## Chocolate Peanut Butter Protein Bars



6 Protein Bars Prep: 30 minutes

- 2 scoops Chocolate Whey Protein Powder
- 3 tbsp Organic Peanut Butter (smooth)
- 2 cups Oats
- 5 Egg Whites
- 3 Bananas, medium
- 1 oz Honey
- 4 oz Organic Skim Milk
- 1 ½ tsp Cinnamon

1. Preheat oven to 350F
2. Place the oats in a blender or food processor and pulse until they reach a flour-like texture.
3. Place the ground oats in a mixing bowl with the cinnamon and chocolate whey protein powder, stir until mixed.
4. Add the peanut butter to the mixture along with the honey and oats, mix well.
5. Add the skim milk and mix a final time.
6. Pour batter into a 9x9 greased baking pan or a pan lined with parchment paper.

7. Bake for 15 to 20 minutes or until the toothpick comes out clean from the center of the pan.
8. Allow the bars to cool and cut into 6 bars.

Per serving: 374 cal., 8g fat (3g sat. fat), 42g carb., 7g fiber, 23.5g protein

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