

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Carrot Cake Protein Bars

(Makes 16 squares)

Ingredients

- 1 cup oat flour
- 2 scoops vanilla whey protein
- 2 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 4 egg whites
- 3/4 cup Splenda, Truvia, or Ideal
- 8 oz baby food carrots
- 4 oz water



Instructions

1. Preheat oven to 350 degrees.
2. Mix flour, whey protein, cinnamon, allspice, nutmeg, baking soda and salt together in a bowl.
3. Mix egg whites, Splenda, Truvia, or Ideal, baby food carrots and water (optional) in a bowl.
4. Add wet ingredients to dry ingredients and mix together.
5. Spray glass pyrex dish with non-stick butter spray.
6. Pour ingredients into dish.
7. Bake 20-30 minutes.

Nutritional Information (2 squares per serving)

Calories...94

Protein...10g

Carbohydrate...10g

Fat...1.5g

Healthy Living Program ~ creating body, mind and spiritual health for life!

McCoy
Fitness & Health

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