

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Lemon Protein Bars

(Makes 16 squares)

Ingredients

- 1 cup oat flour
- 2 scoops vanilla whey protein
- 1/4 tsp salt
- 1/2 tsp baking soda
- 2 qt mix Crystal Light (preferably without aspartame)
- 4 egg whites
- 1/2 cup Splenda, Truvia, or Ideal
- 8 oz baby food applesauce
- 4 oz water



Instructions

1. Preheat oven to 350 degrees.
2. Mix oat flour, vanilla whey protein, salt, baking soda and crystal light, in large bowl.
3. Mix egg whites, Splenda, Truvia, or Ideal, applesauce and water in a bowl.
4. Add wet ingredients to dry ingredients and mix together.
5. Spray 8x8 glass pyrex dish with non-stick butter spray.
6. Pour ingredients into dish.
7. Bake 23 minutes.

Nutritional Information (2 squares per serving)

Calories...86

Protein...10g

Carbohydrate...10g

Fat...1g

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

McCoy
Fitness & Health

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