

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
- 4 Egg Whites
- 2 scoops Vanilla Whey Protein Powder
- ½ cup Splenda, Truvia, or Ideal
- ½ tsp Baking Soda
- ¼ tsp Salt
- 8oz Berry flavored Baby Food
- 3 tbsp Baking Cocoa
- 4oz Water



Instructions

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, baby food, water) together in a bowl.
4. Add wet ingredients to dry ingredients and mix together.
5. Spray cooking dish with a non stick butter spray and add batter to dish.
6. Bake 20-30 minutes in oven.

Nutritional Information (2 squares per serving)

Calories...96

Protein...10g

Carbohydrate...12g

Fat...1.4g

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

McCoy
Fitness & Health

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