

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Dawn's Pumpkin Cherry Pecan Protein Bars

Fellow HLP-er Dawn Boyle sent us this amazing protein bar recipe that is a definite escape from the usual recipes with its addition of cherries and pecans. YUM! You can cut and freeze these in individual bags for a quick, tasty treat, and store in the freezer too. Thanks Dawn!

Ingredients

- 3 scoops vanilla whey protein powder
- 1 1/2 cups rolled oats
- 1/4 cup dried cherries
- 1/4 cup chopped pecans (reserve 2 TBSP for topping)
- 1 cup pumpkin puree
- 1/3 cup egg whites
- 1 TBSP cinnamon
- 1/4 tsp ground cloves
- 1 tsp ground ginger
- 1 TBSP maple syrup
- 2 TBSP molasses



Instructions

Preheat oven to 400 degrees. Add all ingredients, except pecan topping, into large bowl and mix thoroughly. Lightly coat an 8x8 baking dish with cooking spray or line with parchment. Press evenly into dish. Bake 20-25 minutes. Remove and let cool.

Nutritional Information (per regular size bar)

Calories...180

Protein...11 g

Carbohydrate...24 g

Fat...4.5 g

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

McCoy
Fitness & Health

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