



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"



NUTRITION PER SERVING:

CALORIES	185
PROTEIN	11 G
CARBOHYDRATE	27 G
TOTAL FAT	4 G

PREP TIME:	10 MINUTES
COOK TIME:	15 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1 BAR
SERVINGS:	8

INGREDIENTS:

2½	CUPS OATS
½ C	CHOCOLATE WHEY PROTEIN POWDER
1 TSP	CINNAMON
2 TBSP	ORGANIC PEANUT BUTTER
3	EGG WHITES
2	MASHED BANANAS
1 TBSP	HONEY
4 TBSP	NONFAT MILK

CHOCOLATE PEANUT BUTTER BARS

- 01 Preheat oven to 350 degrees and coat an 8x8 pan with non-stick spray.
- 02 Mix the oats, protein powder and cinnamon. Add peanut butter and stir until well combined. Add egg whites, bananas, honey and milk.
- 03 Spoon the mixture into the prepared pan. Place in the oven and bake for 15 minutes or until set. Remove from oven and allow to cool slightly before cutting into 8 bars.

✓ Children can help mash the bananas.

