



No-Bake Oatmeal Protein Bars

2 cups quick cooking oats

½ cup natural peanut butter

4 scoops protein powder

1 tbsp ground flaxseeds

½ cup water

1. Knead all ingredients in large bowl
2. Line square baking pan with wax paper. Spread dough in pan using spatula.
3. Freeze for 30 minutes
4. Remove from freezer, cut into bars.

Makes 8 servings

Calories: 230, Total Fats: 10 g, Sat Fats: 2 g, Trans Fat: 0 g,

Cholesterol: 15 mg, Sodium: 20 mg, Total CHO's: 21 g,

Dietary Fiber: 4 g, Sugars: 3 g, Protein: 15 g, Iron: 2 mg

This is a great protein bar recipe for anyone, but I prefer it because I can make it lactose free. I use Quattro protein powder so that even those who cannot tolerate dairy can make their own bars. These bars are also a little bigger than most other homemade bars, giving you more volume to fill you up! I like them straight out of the freezer, like a treat!!!

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