Here is another version of a low carb bar that combines the flavor harmony of chocolate and peanut butter together with healthy fats and protein.

**Ingredients**
- 1/2 cup pecan meal
- 1/2 cup almond meal
- 1/2 cup peanut butter
- 1/3 cup flax meal
- 1 tbsp cocoa powder, unsweetened
- Splenda, to taste (about 1/4 cup of the granulated type, or about 6 packets)
- 1 whole egg plus 1 egg white, beaten
- 6 scoops chocolate whey
- 1/4 tsp salt

**Instructions**
Mix everything together in a large bowl. You will have to keep stirring to get everything to mix into a thick dough. Spread the mixture into a 8x8-inch baking dish coated with olive oil cooking spray. Bake for 12 minutes at 350-degrees F.

**Nutritional Information, Per Serving**
- Calories (k/cal) 396
- Protein (g) 33
- Carbohydrates (g) 12
- Fiber (g) 5
- Sugars (g) 4
- Fat (g) 26
- SFA (g) 4
- MUFA (g) 13
- PUFA (g) 8
- Omega-3 (g) 1.1
- Omega-6 (g) 6.5

**Prep Time – 20 minutes**
**Difficulty Level – Easy**
**Servings – 6**