MIXED NUT BAR (ANYTIME)

INGREDIENTS
3/4 cup pecan meal
3/4 cup almond meal
1/4 cup walnut pieces
2 whole omega-3 eggs
plus 2 whites, beaten
6 scoops vanilla whey
1/4 tsp salt
Splenda, to taste
(optional)

INSTRUCTIONS
To make the pecan and almond meal, process the
nuts in a blender. Mix everything together in a large
bowl, and continue stirring until all of the
ingredients have mixed together thoroughly. Spread
the dough into an 8x8-inch baking dish coated with
olive oil cooking spray and bake for 15 minutes at
350-degrees F.

PRELUDE
It is incredibly
difficult, if not
impossible, to find a
pre-packaged protein
bar on the market that
has good fats with few
carbohydrates. Most of
the ‘low-carb’ bars out
there are filled with
glycerin or other empty
carbs, together with
bad fats. If you’re fed-up with what is
available, then just
make your own. This
recipe combines the
good fats and nutrients
in various nuts,
together with whey
protein for an easy-to-
make bar that’s low
in carbs.

NUTRITIONAL INFORMATION, PER SERVING
Calories (k/cal) 379
Protein (g) 32
Carbohydrates (g) 9
fiber (g) 4
sugars (g) 2
Fat (g) 26
SFA (g) 3
MUFA (g) 14
PUFA (g) 8
Omega-3 (g) 0.4
Omega-6 (g) 7.4

Mixed Nut Bar (Anytime)

Protein Carbs Fats

32%
58%
8%