

S'MORES BARS (PW)

PRELUDE

Here is yet another flavor version of the protein bars with rolled oats as carbs instead of the undesirable ingredients you'll find in most store-bought varieties. Like the Cinnamon-Raisin and Peanut Butter Banana bars, the most important key to success for these bars is the cooking time. It is far better to undercook these than to overcook them. The difference between moist, rich bars, and dry, tasteless ones can be the result of only 2 additional minutes in the oven.

INGREDIENTS

8 scoops chocolate whey protein powder
 2 cups rolled oats
 1/2 cup graham cracker crumbs
 1/4 cup cocoa powder, unsweetened
 1/3 cup malt-sweetened chocolate chips
 1/2 cup granulated Splenda (or a few packets)
 1/4 tsp salt
 1/2 to 3/4 cup unsweetened applesauce

Prep Time – 25 minutes

Difficulty Level – Easy

Servings – 8

INSTRUCTIONS

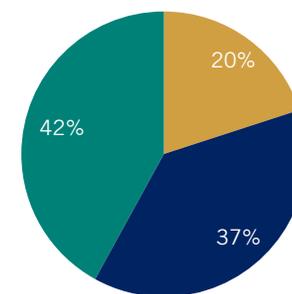
In a dry blender, process 1 cup of the rolled oats into flour. Add the oat flour to the remaining cup of rolled oats in a large bowl, and mix with the remaining dry ingredients. After the dry ingredients are thoroughly mixed together, add 1/2 cup of the applesauce and stir. If mixture is too dry, add more applesauce 1 tbsp at a time. It will seem like there is not enough applesauce at first, but keep stirring, and it will mix. Try to use as little applesauce as possible, because it's easy to make the mixture too saucy.

Cut 8 squares of aluminum foil, about 6x 10 inches each. Lightly coat the interior with a olive oil olive oil cooking spray. Spoon out an equal portion of the mixture onto each foil square, and roll them into a bar shape. I fold them like tamales, folding the ends over as well.

Bake the bars in the foil in a preheated oven at 350-degrees F, for 15-18 minutes. *Be sure not to overcook*

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	275
Protein (g)	27
Carbohydrates (g)	30
fiber (g)	4
sugars (g)	8
Fat (g)	6
SFA (g)	3
MUFA (g)	2
PUFA (g)	1
Omega-3 (g)	0.02
Omega-6 (g)	0.46



■ Protein ■ Carbs ■ Fats