

*Delicious and easy breakfast bars*

*MAKES 4 large servings*

2 large ripe bananas

1 teaspoon ground cinnamon

2 tablespoons unsweetened cocoa powder

2 large raw eggs

4 ounces nonfat milk

2 1/2 cups old fashioned oats

1/3 cup Splenda granular

1 tablespoon olive oil

2 T unsweetened coconut

58 g chocolate whey protein powder

Mix everything, place in non-stick pan, bake at 300 for 35 minutes or until crispy on edges

~ 2 proteins, 1 fruit, 1 carb, 1 fat, 1 optional

Mix ingredients in a large bowl. Pour into non-stick cake pan. Bake at 300o F for 25 minutes or until firm. Let cool slightly before cutting.

Cut into four large squares = 2 proteins (18 g protein per bar), 1 fruit, 1 carb, 1 fat.