

# Homemade Oatmeal Protein Bar

## Ingredients:

Serves 12

- 2 C oats
- 1 C unflavored protein powder
- ¼ C slivered almonds
- ¼ C craisins/ raisins/ dried fruit
- ½ T cinnamon
- ¼ C nut butter
- ¼ C honey or agave
- ¼ C unsweetened almond milk
- ¼ C unsweetened applesauce
- ¼ C dark chocolate chips



## Directions:

1. In a large bowl combine oats, protein powder, nuts, fruit and cinnamon.
2. In a separate bowl combine the nut butter, honey, milk and applesauce.
3. Microwave wet ingredients 30 seconds to soften nut butter and honey.
4. Mix all ingredients together then stir in the chocolate chips.
5. Spray 11x 13 pan with cooking spray or line with parchment paper.
6. Press mixture firmly into pan or roll into balls with hands.
7. Refrigerate for 20 minutes, cut and serve.
8. Store in the refrigerator.

## Nutrition Facts

12 servings per container  
Serving size **1 Bar**

Amount per serving  
**Calories 180**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 59mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 170mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.