

## CHOCOLATE PEANUT BUTTER BAR (ANYTIME)

### PRELUDE

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

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

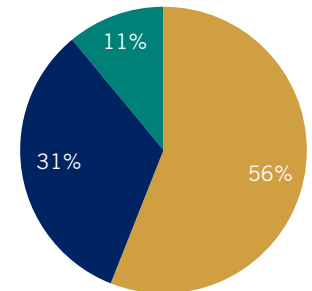
**Servings – 6**

### 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



Protein
  Carbs
  Fats