

CINNAMON RAISIN BARS (PW)

PRELUDE

Just as there is a lack of good low carbohydrate bars on the market, bars with carbs from good sources are also frustratingly absent. Most protein bars out there use undesirable carbohydrate sources such as corn syrup. This bar provides a nice alternative. It's quick, easy, and delicious.

The most important thing about making these bars is that you don't cook them too long. When experimenting with the recipe, we used 3 different cooking times: 15, 20, & 25 min at 350-degrees F. At 15-min the bars were undercooked but tasty. At 20-min they were nearly overcooked and didn't quite have the flavor of the 15-minute batch. And at 25-min they were hockey pucks. So the ideal time is right between 15 and 20 minutes.

INGREDIENTS

2 cups rolled oats
 8 scoops vanilla whey
 1 cup raisins
 1-1/2 cups unsweetened applesauce
 1 tbsp olive oil or flax oil
 2 tsp cinnamon
 1 tsp salt
 1 tsp vanilla extract
 Splenda, to taste (about 1/2 cup granulated or 10-15 packets)

Prep Time – 25 minutes

Difficulty Level – Medium

Servings – 8

INSTRUCTIONS

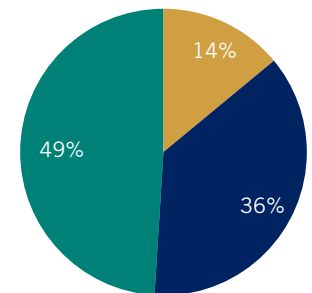
In a clean, dry blender, process one cup of rolled oats into flour (blend on medium for about 1 minute). Stir together the following ingredients in a large bowl: oat flour, the remaining rolled oats (1 cup), raisins, protein powder, Splenda, cinnamon, salt. Stir the applesauce and vanilla extract together with the dry ingredients and mix thoroughly.

Cut 8 squares of aluminum foil, about 6x 10 inches each. Lightly coat the interior with a olive oil cooking spray. Spoon out an equal portion of the mixture onto each foil square, and roll them into a bar shape. Fold them like tamales, folding the ends over to prevent spillage. You can flatten them into bar shapes if you want to avoid a tube-shaped bar.

Bake the bars in the foil in a preheated oven at 350-degrees F, for 16-20 minutes. *Be sure not to overcook*

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	277
Protein (g)	26
Carbohydrates (g)	35
fiber (g)	5
sugars (g)	18
Fat (g)	5
SFA (g)	1
MUFA (g)	1
PUFA (g)	2
omega-3 (g)	1.0
omega-6 (g)	0.7



■ Protein ■ Carbs ■ Fats