

## GRANOLA BARS (PW)

### PRELUDE

These aren't your regular old hippy fare. Packed with protein, complex carbs, and EFA's, these designer granola bars were formulated to feed those hungry muscles without all of the sugary nonsense that is typical of most other granola bars. The taste of these bars is incredible, so go ahead and indulge in some guilt-free, whole food goodness.

### INGREDIENTS

2 cups rolled oats  
 1/2 cup crushed walnuts  
 1/2 cup unpacked raisins (2 oz.)  
 4 tbsp whole flax seeds  
 4 scoops vanilla whey  
 2 tbsp honey  
 1/4 tsp salt  
 1/4 tsp vanilla extract  
 1/2 cup sugar free maple syrup

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

**Servings – 8**

### INSTRUCTIONS

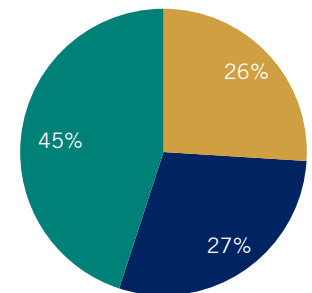
In a large bowl combine the oats, walnuts, flax seeds, raisins, and whey. Add the honey, syrup, vanilla, and salt. Stir until everything is thoroughly mixed. At first, it will seem too dry, but continue stirring and it will eventually blend.

Coat a clean, dry 8x8-inch baking dish with olive oil cooking spray, then press the mixture into the bottom of the dish. The mixture should extend to all corners evenly, and it should be about 1-inch thick. You can also use a smaller baking dish for thicker, chewy bars.

Bake at 350-degrees F for 10 minutes.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	241
Protein (g)	18
Carbohydrates (g)	28
fiber (g)	5
sugars (g)	10
Fat (g)	7
SFA (g)	1.3
MUFA (g)	1.5
PUFA (g)	4.2
omega-3 (g)	1.56
omega-6 (g)	2.62



■ Protein ■ Carbs ■ Fats