

## MIXED NUT BAR (ANYTIME)

### PRELUDE

It is incredibly difficult, if not impossible, to find a pre-packaged protein bar on the market that has good fats with few carbohydrates. Most of the 'low-carb' bars out there are filled with glycerin or other empty carbs, together with bad fats. If you're fed-up with what is available, then just make your own. This recipe combines the good fats and nutrients in various nuts, together with whey protein for an easy-to-make bar that's low in carbs.

### INGREDIENTS

3/4 cup pecan meal  
 3/4 cup almond meal  
 1/4 cup walnut pieces  
 2 whole omega-3 eggs plus 2 whites, beaten  
 6 scoops vanilla whey  
 1/4 tsp salt  
 Splenda, to taste (optional)

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

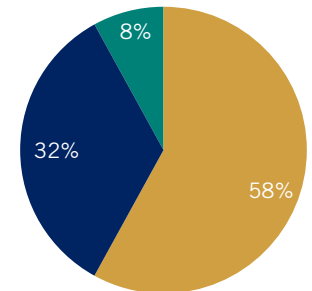
**Servings – 6**

### INSTRUCTIONS

To make the pecan and almond meal, process the nuts in a blender. Mix everything together in a large bowl, and continue stirring until all of the ingredients have mixed together thoroughly. Spread the dough into an 8x8-inch baking dish coated with olive oil cooking spray and bake for 15 minutes at 350-degrees F.

### NUTRITIONAL INFORMATION, PER SERVING

|                   |     |
|-------------------|-----|
| Calories (k/cal)  | 379 |
| Protein (g)       | 32  |
| Carbohydrates (g) | 9   |
| fiber (g)         | 4   |
| sugars (g)        | 2   |
| Fat (g)           | 26  |
| SFA (g)           | 3   |
| MUFA (g)          | 14  |
| PUFA (g)          | 8   |
| Omega-3 (g)       | 0.4 |
| Omega-6 (g)       | 7.4 |



■ Protein ■ Carbs ■ Fats