

PEANUT BUTTER BANANA BARS (PW)

PRELUDE

Like the cinnamon raisin bars, this is a high protein bar with complex carbs and fiber from oats, rather than empty carbs from sugar or sugar alcohol. They're quick, easy, and delicious, especially if you enjoy the harmony of peanut butter and bananas. Elvis would be proud.

INGREDIENTS

8 scoops vanilla whey protein powder
 2 cups rolled oats
 4 medium bananas (raw)
 1.2 oz banana chips (about one handful)
 4 tbsp chunky peanut butter
 1 cup granulated Splenda
 1 tsp salt

Prep Time – 25 minutes

Difficulty Level – Easy

Servings – 8

INSTRUCTIONS

In a clean, dry blender, process one cup of rolled oats into flour (blend on medium for about 1 minute). After removing the oat flour, put the banana chips into the blender and chop into chips (only takes a few seconds). Put all of the dry ingredients into a large bowl and stir together: oat flour, the remaining rolled oats (1 cup), chopped banana chips, protein powder, Splenda, salt.

Slice the raw bananas into the blender and process on medium speed, until producing a puree. Add the peanut butter and blend for a few seconds, just until mixed (you want to leave some peanut chunks for texture). Stir the banana-peanut butter puree together with the dry ingredients and mix thoroughly.

Cut 8 squares of aluminum foil, about 6x 10 inches each. Lightly coat the interior with 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 as well. You can flatten them into bar shapes if you want.

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)	323
Protein (g)	28
Carbohydrates (g)	37
fiber (g)	5
sugars (g)	17
Fat (g)	8
SFA (g)	3
MUFA (g)	3
PUFA (g)	2
omega-3 (g)	0.04
omega-6 (g)	1.63

