

PEANUT BUTTER FUDGE BARS (ANYTIME)

PRELUDE

If you like the health benefits of flax, but can't stand the taste of the oil, this recipe combines flax with chocolate and peanut butter for a tried and true taste combination. The simplicity and ease of these bars makes them an instant hit.

INGREDIENTS

4 scoops chocolate protein powder
 2/3 cup flax meal
 4 tablespoons chunky natural peanut butter
 1/4 cup water
 Splenda, to taste

Prep Time – 5 minutes

Difficulty Level – Easy

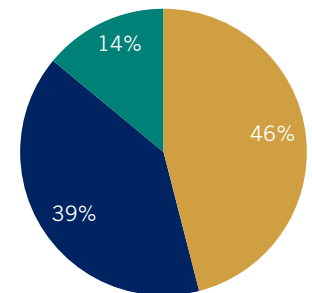
Servings – 4

INSTRUCTIONS

Mix everything together in a large bowl and start stirring. At first, it will seem like it's not enough water, but keep stirring, and it will eventually become a sticky blob of dough. If you have to, add some water 1 tablespoon at a time. Divide the mixture in four equal portions, and put them into separate pieces of plastic wrap, shaping into a bar within the wrap. It's easier to shape them by laying plastic wrap in one side of a small casserole dish, pressing the dough into the natural shape of the dish. Put the bars into the fridge, or store them in the freezer. You can eat them chilled, or even frozen, or you can eat it right out of the bowl if you're feeling impatient.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	283
Protein (g)	29
Carbohydrates (g)	11
fiber (g)	6
sugars (g)	2
Fat (g)	15
SFA (g)	3
MUFA (g)	5
PUFA (g)	6
omega-3 (g)	2.9
omega-6 (g)	2.9



■ Protein ■ Carbs ■ Fats