



Delectably Healthy Recipes

by Jessika Morgan

Homemade Clean Protein Bars

1 cup oatmeal (ground)
2 tsp cinnamon
1/2 tsp baking soda
1/4 tsp sea salt
1/8 tsp ground nutmeg
1/8 tsp allspice
1/2 cup Greek yogurt (plain, any flavor)
3 egg whites
1/2 cup sugar substitute
1 cup of pure pumpkin
3 scoops of your favorite protein



Preheat oven to 350 degrees. Spray an 8 x 8 pan with non-stick spray.

In a large bowl, combine ground oatmeal, nutmeg cinnamon, baking soda, salt, & protein. In a medium bowl, mix egg whites, sugar substitute, yogurt & pumpkin until well combined. Add wet ingredients to the flour mixture & mix well.

Pour batter into baking dish and spread evenly. Bake 25 - 30 until set and slightly brown. Allow to cool!!

Options... add craisins, raisins, almonds, or handful of dark chocolate before baking for a sweeter treat!

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