

HEALTH & WELLNESS

PROGRAMS FOR VOLUNTEER DEPARTMENTS

October 2012

RECIPES

Health & Wellness
Series

Whole Wheat Lemon Protein Bars

References:

United States Department of Agriculture: *National Nutrient Database.*

<http://ndb.nal.usda.gov/>

Step 1: Preheat oven to 350.

Step 2: Mix all dry ingredients together in a medium size mixing bowl.

Step 3: Add water, applesauce and blueberries: blend thoroughly.

Step 4: Spoon mixture into 8x8 baking pan (sprayed with olive oil cooking spray).

Step 5: Bake for 25 minutes, allow to cool before slicing.

Note- strawberries, raspberries or blackberries are all great alternatives to blueberries in this recipe!

Ingredient List:

1 cup whole wheat flour
½ cup xylitol brown sugar
2 scoops vanilla protein powder
¾ cup blueberries
2 packets lemon flavored drink mix (single serving size)
½ teaspoon baking soda
8 oz. unsweetened applesauce
4 oz. water
½ tsp. vanilla extract

Nutrition Information
Serving size= 1 bar
Servings per recipe: 16

Calories: 45
Total Fat: 0.5g
Sat. Fat: 0g
Sodium: 38mg
Cholesterol: 0mg
Carbohydrate: 45g
Sugar: 2.6g
Fiber: 1.5g
Protein: 6g

*Did you know...?
Blueberries are reported to contain the highest amount of antioxidants when compared to many other fruits and vegetables!*