

Pumpkin Protein Bars

Recipe makes 8 bars

Ingredients

1 C Almond Flour
4 Scoops Vanilla Protein Powder
½ tsp Pumpkin Spice
½ tsp Baking Powder
¼ tsp Salt
¼ tsp Nutmeg
¼ tsp Cinnamon
15 oz can of Pumpkin Puree
½ C Plain Greek Yogurt
2 Whole Eggs
1 tsp Orange Extract
½ C Swerve Sweetener
¼ C Sugar Free Chocolate Chips



Nutrition Profile

- per bar -

Calories - 177

Fat - 8g

Carbohydrates - 13g

Protein - 17g

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by lining an 8x8 baking pan with parchment paper.
2. In a large mixing bowl, add your almond flour, protein powder, pumpkin spice, nutmeg, cinnamon, baking powder, and salt. Mix ingredients well.
3. In a separate mixing bowl, crack in your two eggs, then add your pumpkin puree, Greek yogurt, orange extract, swerve sweetener, and chocolate chips. Mix well.
4. Pour your pumpkin puree mixture into the mixing bowl with the dry ingredients and mix everything together well.
5. Pour your entire mixture into your lined baking dish.
6. Place baking pan in the oven and bake on 350°F for 30-40 minutes, or until the center is firm.
7. When mixture is firm, remove from the oven. Carefully remove from the baking pan. This can be done by lifting the parchment paper up, or flipping the pan over onto a flat surface. Use caution as the pan will be extremely hot.
8. Cut into 8 even bars and store in an air tight container and place them in the refrigerator or freezer for freshness.
9. Enjoy!



Notes

- You can add additional ingredients or substitute ingredients. If you do, be sure to adjust your calories and macros.
- These have an almost bread like consistency and they are a great little snack when you are having a craving for something soft and sweet!
- If you freeze these, be sure to take them out and place them in the refrigerator the night before to thaw.