

NO-BAKE RECOVERY BARS

On the go? With no time to cook, try this quick recipe for a post workout meal

Ingredients

- 1 cup oats
- » 4 scoops chocolate whey protein powder
- » 1 cup dry fat-free milk powder
- » 1/3 cup each sunflower seeds, dried cranberries, coconut flakes
- » 5 Tbsp. peanut butter
- » 1 1/4 cups water
- » 1 tsp. vanilla
- » Nonstick cooking spray Spray a square baking pan with nonstick spray.

Directions

Combine oats, protein powder, dry milk, seeds, cranberries and coconut in a medium bowl; mix well. Stir in peanut butter until mixture is crumbly. Add water and vanilla and mix until you get a smooth, doughy consistency. Increase water if needed. Spoon mixture into pan and spread evenly. Refrigerate two hours. Use a sharp knife to cut bars into nine equal-sized portions.

Nutrition Score per serving:

Calories – 285 g Protein - 19 g Fat - 12 g Carbs - 26