

pumpkin protein bars

Makes 8 bars

RECIPE ADAPTED FROM: [Eating Bird Food](#)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

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- 1 cup old fashioned rolled oats
 - 1 cup or 4 scoops (roughly 25g protein per scoop) vanilla protein powder OR unflavored protein powder + $\frac{3}{4}$ tsp vanilla extract
 - 1 tsp baking powder
 - 1 tsp baking soda
 - $\frac{1}{2}$ tsp salt
 - 1 Tbsp pumpkin pie spice
 - $\frac{1}{4}$ cup maple syrup
 - 1 cup canned pumpkin or homemade pumpkin puree
 - $\frac{1}{2}$ cup almond milk or other non-dairy milk
 - $\frac{1}{2}$ cup walnuts, chopped
 - 1-2 Tbsp dairy-free chocolate chips (optional)
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Nutrition Information per Bar: 190 calories, 6.3g fat, 19.4 g carbs, 3.1g fiber, 16g protein

PREHEAT oven to 350°F. Spray an 8x8 baking dish with non-stick spray or line with parchment paper.

STIR together the dry ingredients: oats, protein powder, baking powder, baking soda, salt and pumpkin pie spice.

IN a separate bowl, combine the wet ingredients: maple syrup, pumpkin and almond milk.

GENTLY add the dry mixture into the wet ingredients and mix until well combined. Stir in walnuts.

SPREAD batter evenly into the prepared dish, sprinkle on a few dark chocolate chips and bake for about 20 minutes or until a toothpick comes out clean.

LET bars cool then cut into 8 bars. Store in the refrigerator for up to one week or in the freezer for up to three months.

