

Pumpkin Spice Protein Bars

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 16

Ingredients:

- 1/2 cup quick oats
- 3 bananas
- 1/2 cup milk
- 1 tsp vanilla
- 1/2 cup coconut sugar
- 1 cup cooked quinoa
- 1/2 cup protein powder
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- pinch ground cloves
- 1/2 cup dried cranberries
- 1/2 cup walnuts

Procedure:

1. In a food processor, grind oats into a fine powder. Set aside.
2. In the food processor, puree 3 peeled bananas until smooth.
3. Add 1/2 cup milk, 1/2 cup coconut sugar and 1 tsp vanilla. Process again.
4. In a separate bowl, blend protein powder, salt, baking powder, spices.
5. Stir in wet ingredients from food processor along with quinoa. Blend well.
6. Add cranberries and walnuts.
7. Spoon into parchment lined 8" square baking pan.
8. Bake at 350 degrees for approximately 25 minutes or until squares are firm.
9. Cool thoroughly before cutting.
10. Bars can be individually wrapped and frozen for convenience.

by
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