

NO NUT Protein Bar Recipes:

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Granola Breakfast Bars

These healthy breakfast bars provide a respectable level of protein and fiber without a ton of calories. Best of all, they can be eaten on the run. Reconfigure the "additions" to suit your fancy.... or replace the Splenda with another sweetener if you're trying to stay "au natural." This is a base recipe that can be tweaked to your taste!

40 Minutes to Prepare and Cook

Ingredients

2 1/4 cups old fashioned oats
1/2 cup whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon vanilla
5 tablespoons applesauce
1/4 cup honey
1/4 cup Splenda brown sugar OR regular brown sugar
1/2 cup of raisins, dates, crasins, cranberries, chopped dried apricots, or sunflower seeds or a combination there of. You can also add white or dark chocolate chips for a little less-healthy version.

Optional additions: 2 scoops of protein powder, 1 Tablespoon ground flax seed, orange zest, cinnamon

Try substituting:

- Canned pumpkin or chunky apple sauce for regular applesauce,
- Apple butter for apple sauce AND splenda.

Directions

Preheat oven to 325. Grease an 8x8 pan.

Combine all ingredients. Mix well. Press mixture into pan. (Use a piece of wax paper on top and compact) Bake 18 to 22 minutes or until golden brown. Cool 10 min, then cut into 9 bars. Cool completely before serving.

Can be wrapped in individual bars for a week of treats/breakfasts.

Can be doubled for 9 x 13 pan.

Number of Servings: 9

Maple Oat Bars

Looking for a good protein bar recipe? This makes a meal replacement bar at a mere fraction of the cost of packaged protein bars and none of their glycerin, preservatives, or sugar, these low-fat bars are rich in fiber and taste great. **Add a Tbsp or two of vanilla protein powder to increase the protein content.**

Difficulty: Easy

Time Required: 20 Minutes

What You Need:

- 3 1/2 cups quick oats
- 1 1/2 cups powdered non-fat milk
- 4 scoops low carb chocolate or vanilla protein powder
- 1 cup sugar-free maple syrup (Cozy Cottage, Cary's or Howard's)
- 2 egg whites, beaten
- 1/4 cup orange juice
- 1 teaspoon vanilla
- 1/4 c. natural applesauce

Here's How:

1. Preheat oven to 325 and spray a baking sheet or 9x12 baking dish with non-stick spray. The 9x12 baking dish will yield thicker bars.
2. Mix oats, powdered milk, and protein powder in bowl and blend well.
3. In separate bowl, combine eggwhites, orange juice, applesauce, and the sugar-free syrup and blend well.
4. Stir liquid mixture into dry ingredients until blended. The consistency will be thick and similar to cookie dough.
5. Spread batter onto pan and bake until edges are crisp and browned.
6. Cut into 10 bars and store in airtight container or freeze.
7. Nutritional Information Per Bar: Calories-157, Carbs-23g, Protein-15g, Fat-.5g, Fiber-4g

Tips:

1. If you find you want a moister bar, use 1/2 cup of natural applesauce.
2. *Kitchen Tip for Lowfat Baking:*

Did you know you can replace the oil in a recipe with an equal amount of applesauce? Applesauce will add the same moisture of fat but not the added calories and it won't alter the flavor.

Brownie Protein Bars

1 cup oat flour
1 cup whole-wheat flour
1-cup whey protein powder
1/3 cup cocoa
1 teaspoon baking powder
1 teaspoon salt
1-tablespoon liquid lecithin
1 cup fat free cream cheese (room temperature)
2 eggs
1 cup fat free Miracle Whip
1 teaspoon super-strength chocolate flavoring

Preheat oven to 325 degrees. Line a 9x9 baking pan with wax paper.

In a bowl combine all dry ingredients. Set aside. In a large bowl, with an electric beater, combine lecithin, cream cheese, eggs, Miracle Whip, and flavoring until light and fluffy. Add the dry ingredients to the wet. Mix well. Pour batter into lined 9x9 square pan and smooth evenly.

Bake for 15-20 minutes. Remove from pan and cool slightly. Remove wax paper and cool completely. Cut into 9 bars.

Per bar: Calories:99 Protein: 9g Carbs:9g Fats:3 g

Blueberry and banana bars

Ingredients:

1 cup raw oatmeal
5 scoops of banana-flavored protein powder
½ cup non-fat dry milk powder
¼ cup fat-free cream cheese
2 egg whites
1½ bananas, mashed
1 cup blueberries
¼ cup water
3 tsp canola oil

Directions:

First, preheat the oven to 325F. Combine oatmeal, protein powder and dry milk. Next, in another bowl, combine the cream cheese, egg whites, bananas, blueberries, water, and oil; beat this with an electric mixer until well blended. Pour this batter into a sprayed 9-by-9 inch square pan and bake for 30 to 35 minutes.

Apple Sauce Bars

2 cups oats (1/2 cup of which is ground)
3/4 cup dry milk powder
1 cup apple sauce
2 egg whites
1 tblsp olive oil
2/3 cup FF cream cheese
3/4 cup cottage cheese (optional, makes the bars more 'fluffy' and adds more non-whey protein)
5 scoops protein powder (120g protein)
3/4 apple finely chopped (helps with moisture and flavor)

Whisk the non-dry ingredients, then add to the dry ingredients and beat. If you are doing this by hand, add a few things to the cream cheese (e.g. egg whites and olive oil), whisk, then add apple sauce and cottage cheese and whisk again. It doesn't really matter if it is a bit lumpy. Bake on 325 for 20-35 mins depending on how thick the mixture is. If it appears too thick try adding a bit of water (up to 1/4 cup) . Check doneness with a toothpick. Bake in a 7x11 inch tin.

For flavor, cinnamon, nutmeg and or vanilla extract.
Mashed banana (2-3) or dried fruit can also be added.
For fat, add more olive oil or ground flax.

Oatmeal Raisin Bars

Ingredients

2 cups rolled oats

8 scoops vanilla whey

1 cup raisins

1-½ cups unsweetened applesauce

1 tbsp flax oil (olive oil if you don't have it)

2 tsp cinnamon

1 tsp salt

1 tsp vanilla extract

Splenda or brown sugar, to taste (about 1/2 cup granulated or 10-15 packets)

Instructions

In a clean, dry blender, process one cup of rolled oats into flour (blend on medium for about 1 minute). Stir together the following ingredients in a large bowl: oat flour, the remaining rolled oats (1 cup), raisins, protein powder, Splenda, cinnamon, salt. Stir the applesauce and vanilla extract together with the dry ingredients and mix thoroughly.

Bake the bars in the foil in a preheated oven at 350-degrees F, for 16-20 minutes. *Be sure not to overcook*

Orange Oat Bars

Ingredients:

- * 6 Egg Whites
- * 1 Egg Yolk (for those extra amino acids)
- * 200g Porridge Oats (Complex Carbohydrate)
- * 3 servings of casein protein chocolate Powder (Any other flavour could be used.)
- * 150ml Pure Orange Juice (For Flavour and Vitamin C)
- * 2 Sliced Bananas (Flavour and Sweetness)
- * 2 Tablespoons Cookable Sweetener (Such as Hermesetas or Canderel)

Preparation:

1. Preheat your oven to 180 degrees Celsius.
2. Put all the ingredients into your mixing bowl and stir until you have a nice even, mixture. (Should look pretty gooey.)
3. Find a baking tray approx. 8inch by 8inch and 1inch deep.
4. Rub your baking tray with vegetable oil or cooking spray to prevent to mixture sticking.
5. Pour your mixture into the baking tray and then place in the oven.
6. Bake for around 20 Minutes or until golden brown.
7. Leave to cool and then cut into 3 pieces with a sharp knife

Banana Oatmeal Bars

Ingredients

- 3 ripe bananas, mashed
- 1/2 cup unsweetened applesauce
- 1/2 cup packed brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1 1/2 cups whole grain flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 3 cups uncooked quick oats

Directions

Mix ingredients together. Spray 9 x 13 pan with nonstick cooking spray. Bake at 350' for 30-35 minutes. cool and cut into bars.

PUMPKIN OATMEAL BARS

1/3 c. sugar
1/2 c. vegetable oil
1 c. canned or cooked pumpkin
1 mashed banana
1 c. whole wheat flour
1 c. oatmeal
3 tsp. baking powder
1/2 tsp. baking soda
1 tsp. ground cinnamon
1/4 tsp. nutmeg
1/2 c. orange juice
1 egg

1/2 c. raisins

Cream sugar, oil, egg, bana and pumpkin until light and fluffy. Stir in flour, oatmeal, baking powder, baking soda, cinnamon, nutmeg and orange juice. Add raisins. Stir to blend.

Pour into a lightly oiled 13 x 19 inch pan. Sprinkle top with cinnamon if desired. Bake at 350 degrees for 25 to 30 minutes. Cool in pan completely. Cut in bars. Makes 24.