

Powerful Protein Bars

Ingredients

8 oz of fat free cream cheese

4 scoops protein powder

1/2 cups of sugar substitute

i.e. splenda, sweet and low, or equal

1 dash of cinnamon



Directions

Combine sugar substitute, cream cheese, protein and cinnamon in a bowl and mix with an electric mixer on high until it is smooth

Add the oats and mix with a mixers until combined

Note: if to thick add a cup of milk or water

Spray an 8x8 pan with a non-stick cooking spray. Spread the mixture in the pan.

Sprinkle some additional sugar substitute on top and place in the refrigerator for an hour.

Cut into ten bars.



Protein is the basic building block of muscles. Therefore consuming adequate amounts of protein along with a balance diet can help you increase your lean muscle.

Nutrition Facts

Serving Size 10

Amount Per Serving

Calories 154

%Daily Value*

Total Fat 17.8

Total Carbohydrates 17.8

Protein 15 g