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 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.

Nutrition Facts
Serving Size 10

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories 154</td>
<td></td>
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<tr>
<td>Total Fat 17.8</td>
<td></td>
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<tr>
<td>Total Carbohydrates 17.8</td>
<td></td>
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<tr>
<td>Protein 15 g</td>
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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.