



Lemon Protein Bars

Ingredients:

Dry Ingredients

- 1 cup oat flour
- 1 box of sugar free lemon pudding mix
- 3 scoops vanilla whey protein
- ¼ cup of Stevia for Baking
- ¼ tsp salt
- ½ tsp baking soda

Wet ingredients

- 4 egg whites
- 1 cup of unsweetened applesauce
- 4 oz water



Directions:

1. Preheat oven to 350 degrees.
2. Mix dry ingredients in a large bowl.
3. Add wet ingredients to dry ingredients and mix together.
4. Spray 8x8 glass baking dish with non-stick butter spray.
5. Pour ingredients into dish.
6. Bake for 25 minutes.

Makes 16 squares.

Nutrition Facts for 2 bars

Serving size: 2 bars

Calories: 115 cal

Fat: 1 g

Carbs: 14 g

Sugar: 4 g

Protein: 12 g