

# Clean-Eating Power Protein Bars

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## Ingredients

1 cup Herbalife Protein Powder  
½ cup quinoa flour (or) Wheat Flour  
2 cups rolled oats – NOT INSTANT  
½ cup oat bran  
½ cup flax seed coarsely chopped  
½ cup wheat germ  
1 tsp sea salt  
1 tsp cinnamon  
¼ tsp nutmeg  
½ cup Agave Nectar or Organic Honey  
1 cup dark chocolate pieces  
2 cups yogurt cheese (see recipe below)  
½ cup canola oil  
2 tsp Hazelnut Oil or Olive Extra Virgin Olive Oil  
1 tsp best quality vanilla

Cooking spray – I prefer the olive oil based spray.



### Nutritional value per serving

Calories: 290  
Protein: 15g  
Carbs: 40g  
Fiber: 5g  
Sugars: 11g  
Fat: 8g  
Sodium: 80g

## Preparation

- Preheat oven to 350 degrees
- Coat a 9x13 inch baking pan with cooking spray
- In large mixing bowl combine protein powder, flour, oats, oat bran, flax seed, wheat germ, sea salt, cinnamon, nutmeg, and Agave.
- Stir in Chocolate Pieces.
  
- In another bowl mix the yogurt cheese, oils and vanilla. Mix well.
- Add the yogurt cheese mixture to the dry ingredients.
- Use your clean bare hands to combine these well. I like to coat my hands in olive oil to help prevent sticking.
- Place mixture in prepared pan.
- Press it down and even out the top.
- Bake on middle rack in oven for 15 minutes
- Remove from heat and cool.
- Cut the dough into bars.
- Place these bars on a cookie sheet lined with waxed paper or parchment paper
- Bake again for another 15 minutes
- Remove from heat
- Transfer to wire cooling rack and let cool.
- Place in airtight container and store in refrigerator.
- Makes anywhere from 20-24 bars, depending on how big you cut them.

To make Yogurt Cheese: Fage' Greek Strained Fat Free Yogurt (Large Container 17.6oz)  
Cut cheese cloth and rinse. Cover bowl with damp cheese cloth and secure edges with elastics.  
Place entire contents of yogurt onto of cheese cloth and place in fridge over night. Do not cover.  
This cheese can be used for in place of cream cheese for anything!