

October

Pumpkin Spice Protein Bars

ingredients:

- 1 1/2 cup quick oats
- 1 cup vanilla protein powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1.5 tablespoons pumpkin pie spice
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 1/2 cups canned pumpkin, not pumpkin pie filling
- 1/2 cup milk (skim or unsweetened almond)
- 1/4 cup honey

*Optional: add walnuts or chocolate chips.

from our dietitian...

- Pumpkin is a great source of potassium, vitamin A and fiber.
- Choose a whey protein powder which is absorbed more quickly than a casein protein powder. If you follow a vegan lifestyle, pea protein powders are available.
- Select protein powder with low sugar content- aim for less than 5g of sugar per serving.
- Pumpkin pie spice is a blend of cinnamon, nutmeg, ginger, an cloves. Feel free to use whichever spices appeal to you the most!

directions:

1. Preheat oven to 350 degrees and spray a 9x9 baking dish with non-stick spray
2. Combine oats, protein powder, baking powder, baking soda, cinnamon and pumpkin pie spice in a bowl.
3. In a separate bowl, stir the vanilla extract, canned pumpkin, milk and honey until combined.
4. Add wet ingredients to the dry ingredients and stir until combined. (Add in the walnuts or chocolate chips, if you choose!)
5. Bake for ~20-25 minutes or until the edges are brown and a toothpick comes out clean.



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