



Protein Bars

3 Cups Oatmeal
1 Cup Granola or trail mix
1/2 Cup Natural Peanut butter
1 cup Skim Milk
4 Scoops Protein Powder (optional)
2 Tablespoon honey
dash of cinnamon

Put 1 1/2 cups oatmeal and 1/2 cup Granola in a blender to chop oatmeal/granola into a fine powder. Empty into mixing bowl.

Put the other 1 1/2 cups oatmeal and 1/2 cup Granola into the blender and chop into a still chunky medium mixture.

Mix all ingredients in a bowl until a sticky batter is formed (may take a few minutes)

Use a large spoon to spread out the mix into the bottom of a Pam-sprayed glass or metal cooking tray (spread until even)

Put in the fridge overnight and cut into 8 equal bars.