

Ashley's Meal Prep Monday!

Protein Bars



INGREDIENTS

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 1/2 TBSP baking powder
- heaping 1/2 cup vanilla protein powder
- 1/4 cup maple syrup
- 1 1/4 cup almond milk
- 2 large eggs
- 1/4 cup melted coconut oil
- 1 cup blueberries/raspberries

Preheat oven to 425. In a bowl, mix together flour, baking powder and protein powder.

Add maple syrup, milk, eggs, and coconut oil - mix until combined.

Spray a 9x13 inch baking pan with oil and ensure even coverage.

Pour batter into baking pan and sprinkle with fruit.

Bake for 15 minutes, until a toothpick comes out clean. Allow to cool for 10-ish minutes then slice into portions.

Enjoy cold or heated slightly - serve with cocowhip and/or more fresh fruit!

