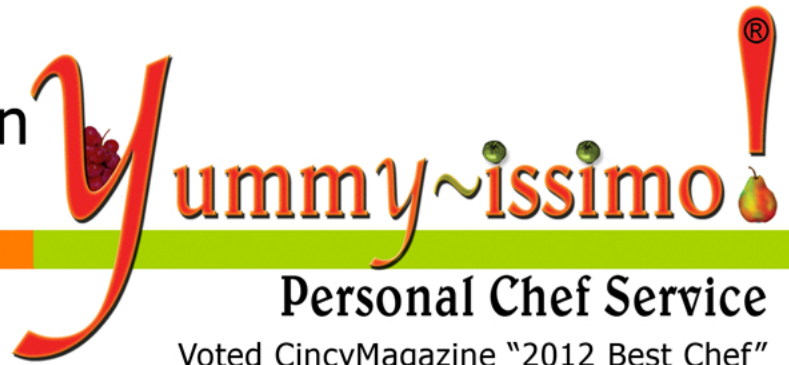


# Chocolate Nut Protein Bars



## Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Makes about 16

3 ripe bananas, mashed	1/2c protein powder
1/3c applesauce, unsweetened	1/4c soy milk
2c oats ~ not quick cook	1/2c chocolate chips
1c pecans, chopped	1t vanilla
1/2c slivered almonds	1t cinnamon

Preheat oven to 350.

Mix all ingredients together in large bowl. Mixture will be thick.

Spread out on rimmed baking sheet sprayed with non~stick cooking spray.

Bake 25~30 minutes or until firm in the middle. Cool completely. Cut into squares.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)