



Recipe

Blueberry Banana Protein Breakfast Bars

Preheat oven to 350 degrees

Combine the following:

- One large carton egg whites
- 2 cups steel cut oats
- 6 scoops vanilla protein powder
- 3 T chia seeds
- ½ cup crushed walnuts
- ½ cup quinoa
- 2 medium bananas
- ½ cup blueberries



Spray a 9 x 13 casserole dish and pour in combined mixture.

Bake for 35 minutes. Cuts nicely into 12 pieces.

Approximate nutritional info per piece:

250 calories; 25 g protein; 25 g carbs; 10 g healthy fats

These are all classified as super foods, which are loaded with vitamins, minerals and antioxidants. A great way to start your day!

Thanks to Chandra Custis for sharing this delicious recipe.