



# Protein carrot bars

20'  
Hands on

12  
Portion(s)

1  
Difficulty



## Ingredients

- 300 g oats
- 100 g protein powder, whey, vanilla flavor
- 1 pinch salt
- 1 teaspoon(s) cinnamon
- 30 g stevia
- 80 g apple sauce
- 100 g carrots, grated
- 170 g [peanut butter](#), creamy
- 50 g maple syrup
- 1 teaspoon(s) [vanilla extract](#)
- 120 g soy milk

To serve

- 250 g light cream cheese
- 1 pinch cinnamon
- 20 g stevia
- cinnamon, ground

## Method

- Line a 20x30 cm [baking pan](#) with parchment paper and set aside.
- In a mixer's bowl, add the oats, protein powder, salt, cinnamon and stevia.
- Beat for a few minutes using the paddle attachment.
- Add the apple sauce and grated carrots. Beat for 2-3 minutes.
- In an ovenproof container, add the peanut butter, maple syrup and vanilla extract.
- Cover with plastic wrap and microwave for 30 seconds at 800 Watts, until the peanut butter melts.
- Remove from microwave, mix with a spoon until all of the ingredients are completely incorporated and add to the mixers bowl.
- Beat for 3 minutes until incorporated. Add the soy milk to make the mixture more manageable.
- Transfer to the baking pan, cover with a sheet of parchment paper and press down on the mixture to make even and compact.
- Refrigerate for 15 minutes, until chilled and completely firm.

To serve

- Beat the cream cheese in a mixer for 3-5 minutes, using the paddle attachment.
- Add the cinnamon and stevia.
- Beat for 1 minute and transfer to a baking pan.
- Remove the baking pan from the refrigerator, cut into 4 cm squares and spread frosting on the surface.
- Dust with ground cinnamon and serve.

## Tip

You can serve the protein carrot bars with or without the frosting!

## Διατροφικός πίνακας

Nutrition information per portion

238 Calories (kcal)	10.0 Total Fat (g)	2.5 Saturated Fat (g)	23.0 Total Carbs (g)
12%	14%	13%	9%
5.3 Sugars (g)	13.0 Protein (g)	3.3 Fibre (g)	0.21 Sodium (g)
9%	26%	13%	4%