



## **GREAT ENERGY SNACK FOR ATHLETES:**

### **Home-Made Oatmeal Raisin Bars (protein-enriched)**

#### **Ingredients:**

- 2 cups old-fashioned oats
- ½ cup all-purpose flour (or whole wheat flour)
- ½ cup packed brown sugar
- ¼ cup canola oil
- ¼ cup natural applesauce (no sugar added)
- 2 eggs
- ¼ tsp. salt
- ½ tsp. cinnamon
- 1 cup raisins (or dried cranberries)
- 1 scoop of Designer Whey Protein Powder (French Vanilla)

#### **Directions:**

- Preheat oven to 350 degrees.
- Mix all ingredients together in a separate bowl.
- Spray 8×8 baking pan with non-stick cooking spray.
- Spread batter in prepared baking pan and bake for approx. 25-30 minutes until bars are cooked all the way through.
- Let bars cool completely in pan before cutting.