

Courage Wolf Protein Energy Bars



<i>Shopping List</i>	<i>Amount</i>
Crunchy Peanut Butter	1 Cup
Vegetable Oil	3 TBSP
Protein Powder (Vanilla Body Fortress)	5 Scoops
Semisweet Chocolate Chips	60 chips
Dried Cranberries	½ Cup
Sunflower Seeds	¼ Cup
Rolled Oats	2 Cups
Eggs	2
Cinnamon	1 TBSP
Baking Powder (Clabber Girl, etc.)	1 TBSP
Water	1 ¼ Cups

1. On the stove, in a large pot, start melting the peanut butter on a low simmer. As it melts, add and stir the following:
 - a. Vegetable Oil
 - b. Water
 - c. Cinnamon
 - d. Baking Powder
2. Start the oven preheating at 300 Fahrenheit.
3. With it all melted together, turn off the flame and quickly stir these into the pot:
 - a. Eggs
 - b. Protein Powder
 - c. Rolled Oats
4. Lubricate a glass baking dish, such as an 8"x13" Pyrex, and spoon the contents from the pot to the dish.
5. After spreading the batter in your baking dish, evenly sprinkle the cranberries. Pat them into the batter with a spoon, and smoothing over to cover them, so the cranberries are inside the batter.
6. Now sprinkle the sunflower seeds and chocolate chips. Pat them too, but just barely.
7. Place the dish in the oven for 20 to 25 minutes. You'll know it's done when the top turns brown, and the batter poofs up a little, like cake. Pull it out and let it cool down.
8. *"Bite off more than you can chew. Then Chew it."* ~ Courage Wolf

<i>Portions</i>	<i>Calories</i>	<i>Fat</i>	<i>Carbs</i>	<i>Protein</i>	<i>Sodium</i>	<i>Cholesterol</i>
Meal Replacement Size (8 pieces)	471	26 g	35 g	28 g	221 mg	71 mg
Clif Bar Size (16 pieces)	235	13 g	17 g	14 g	111 mg	36 mg

This recipe brought to you by Scott Pigeon. Check out his website at ForGreatJustice.com