



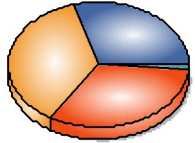
Graeme Thomas Online

Because "Good Enough", Isn't!

<http://graemethomasonline.com>

Black Bean Protein Bars with Chocolate Chips

Recipe grams: 1050.79g/37.1oz
 Serves 8 131.35g/4.6oz per serving
 Prep time: 20 min.



Protein: 29%
 Carbohydrates: 37%
 Fat: 33%
 Alcohol: 1%

INGREDIENTS

- 19 oz BLACK TURTLE BEAN, CANNED, mature seeds
- 3 item Pea protein
- 1 cup ALMOND, RAW, ground
- 1/4 cup COCOA, UNSWEETENED, POWDER, dry
- 2 tsp VANILLA EXTRACT
- 1 cup PUMPKIN, CANNED, NO SALT
- 1/2 cup Splenda
- 1/4 cup CHOCOLATE CANDY, SEMISWEET, mini-chips

DIRECTIONS

In a blender (food processor), mix beans, pea protein, cocoa, pumpkin, vanilla extract and splenda until a soft batter forms. If the mixture appears too solid, add 1/4 cup of water to assist wth the blending.

Remove mixture from blender and add to a bowl. Stir in almond flour and continue mixing until a dough forms.

Stir in chocolate chips (optional), dried fruit or chopped nuts.

Press in wax-paper lined 8 x 8 baking pan and refrigerate for 30 minutes. Remove and cut into 8-10 bars. Wrap each individually with saran wrap and store.

** Whey protein can also be used in this recipe. I used pea simply to make a vegetarian bar for a client **

Nutrition Facts	
Serving Size: 1 serving (131.3g)	
Servings: 1	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	33%
Sugars 5g	
Protein 18g	
Vitamin A 100%	• Vitamin C 6%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	