



EMPOWER
NUTRITION

Zucchini Pumpkin Oat Bars

Ingredients

- 200 g (2.5 cups) quick oats
- 75 g PEScience Protein Powder
- 500-600 g shredded zucchini, undrained (about 2 full cups)
- 15 oz can of pumpkin puree (425g)
- 450 g container egg whites
- 12 g (1.5 tsp) sugar free pudding mix (optional)
- 1 tbsp fresh baking powder
- 1 tbsp cinnamon
- 1/2 tsp salt
- Optional for volume: up to an additional 1 cup of water, unsweetened cashew milk or 1/2 c Skinny Mixes for a sweeter flavor
(I don't add extra)

Using a high powered blender or immersion blender to combine all of the above with the exception of the oats. Incorporate the oats into the liquid batter with a spatula or hand mixer. (I just hand mix everything)

Alternately, you can use a hand mixer to combine everything at once. While the the shredded zucchini will be more visible, the cake will bake up just fine.

Bake at 350 for 60-75 minutes - watch for a firm, browned, craggily top. This is a very moist bar and portions can be reheated in the air fryer or microwave to adjust texture to your preference once baked. Once cooled, store in the fridge for a week or portion off and freeze individual sections for ease.



Macros

One serving: 300 grams

260 calories/33 carb/3.5 fat/24 protein

MFP Entry: Katie Crokus Zucchini Pumpkin Oat Bars

Topping Suggestions

Cocoabar in a Jar

Protein frosting

Greek yogurt + berries

Whipped cream cheese