

## Dr. Calvet's Homemade Nutrition Bar

### Ingredients

- 1 3/4 cups rolled oats
- 3/8 cup light syrup (I use organic brown rice syrup)
- 1 scoop protein powder (I use vanilla flavored soy powder)
- 3/4 cup nonfat dry milk
- 1/2 tbsp cinnamon
- 1 egg white
- 1/8 cup orange juice
- 1/4 tsp. vanilla extract
- 1/2 -1 cup chopped dates (or dried cranberries or raisins) and/or chopped nuts
- 1 banana, mashed
- Optional:
  - 1/4 c flax seeds
  - 1 tsp espresso powder

### Directions:

1. Mix all dry ingredients in a large bowl
2. Mix all wet ingredients in another bowl (may want to use a beater for a few seconds)
3. Add the wet stuff to the dry stuff and mix together *thoroughly*
4. Put spoonfuls on a cookie sheet that you've sprayed with non-stick spray, and form into bars (use two table knives for doing this); makes 12 – 14 bars depending on size
5. Bake at 325°F for approximately 15 minutes or until the bottoms of your bars are golden brown

When they're done, take them out of the oven and let them cool. (NOTE: the bars will be a bit soft when you remove them from the oven; when they cool, they'll firm up.) Store them in Ziploc bags or in an airtight container, and they'll keep for about 2 weeks at room temperature (or longer if refrigerated).