

**READY FOR THE WEEKEND #510:
"BLUE CRUSH" – HUNTINGTON BEACH, CA
RECIPES**

CHOCOLATE PROTEIN BARS

Yield: 12 bars

Ingredients:

2 squares unsweetened baker's chocolate
4 Tbl butter
4 Tbl heavy cream
1 tsp vanilla extract
6 packets Splenda
6 scoops Optimum Nutrition Double Rich Chocolate Protein Powder
1 1/2 cups chopped pecans
1 cup dried unsweetened coconut
1/4 cup flax seeds, measured and then ground
4 Tbl sugar-free DaVinci syrup (hazelnut is best)

Directions:

- Melt chocolate and butter in microwave.
- Mix in Splenda, then add cream and vanilla, blending thoroughly.
- Add the protein powder and mix until powder is completely incorporated.
- Mix flax, pecans, and coconut together and pour over chocolate mix.
- Pour the sugar-free syrup over this and mix together with hands until well-blended.
- Line a 9" by 9" pan with plastic wrap and firmly press the incredibly sticky stuff into it.
- Cover with another layer of plastic wrap and chill.

COFFEE PROTEIN BARS

Ingredients:

1 tablespoon butter
2 tablespoons Whey Protein, natural flavor
1 egg
2 tablespoons 3-Minute brand oats (dry)
1 tablespoon cream cheese
1 teaspoon baking powder
1 tablespoon brewed coffee
1/2 teaspoon cinnamon
1/4 teaspoon instant coffee
1/4 unsweetened baking chocolate square, grated
1 tablespoon Splenda
Sweet 'N Low

Directions:

- Dissolve coffee in hot water.
- Mix the oil, eggs, cream, water, Splenda and Sweet 'N Low together.
- Mix the dry ingredients together and then add to first mixture. Stir until moistened.
- Pour into 8" pan. Tap on counter to settle the bubbles.
- Sprinkle chips on top.
- Bake at 375 degrees for 12-15 min. Be careful not to overbake.

APPLE SPICE PROTEIN BARS

Yield: 9 squares

Ingredients:

3 tablespoons vanilla protein powder
3/4 teaspoon baking powder
2 teaspoons Splenda
1 egg
1/16 cup butter
1/16 cup water
1/4 cup apple, chopped into tiny pieces
1/4Tbl vanilla extract
1 teaspoon sugar-free pancake syrup
1 teaspoon cinnamon
1/2 teaspoon nutmeg

Directions:

- Mix together dry ingredients.
- In a separate bowl, mix together eggs, oil, and extracts. Beat well and add to dry ingredients, mixing well.
- Add water and apple. Should be a wet consistency like a cake mix.
- Pour into Pam-sprayed square cake pan.
- Cook at 325 for 15-25 minutes until a toothpick comes out clean. May take longer to cook, depending on consistency of protein powder used.