



## Blueberry Pancake Breakfast Bars



1/10th of recipe (1 bar): 181 calories, 2g total fat (<0.5g sat. fat), 309mg sodium, 31.5g carbs, 5g fiber, 2g sugars, 9.5g protein

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**Prep:** 10 minutes    **Cook:** 10 minutes



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### Ingredients

3 cups whole-wheat flour  
1/2 cup vanilla protein powder with about 100 calories per serving (like the kind by [Quest](#) or [Tera's Whey](#))  
4 packets no-calorie sweetener (like Truvia)  
2 tsp. baking powder  
1 1/2 tsp. cinnamon  
1/2 tsp. salt  
1 tbsp. light whipped butter or light buttery spread  
2 1/2 cups unsweetened vanilla almond milk  
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute  
1 tbsp. maple extract  
1 cup blueberries

### Directions

Preheat oven to 425 degrees. Spray an 11" x 17" baking sheet with nonstick spray.

In a large bowl, mix flour, protein powder, sweetener, baking powder, cinnamon, and salt.

In a medium-large microwave-safe bowl, microwave butter for 10 seconds, or until melted. Add almond milk, egg whites/substitute, and maple extract. Mix until uniform.

Add milk-egg mixture to the large bowl, and mix until uniform.

Gently fold in 1/2 cup blueberries. Transfer to the baking sheet, and smooth out the surface.

Top with remaining 1/2 cup blueberries. Lightly press to adhere.

Bake until top is light golden brown and entire dish is cooked through, 8 - 10 minutes.

MAKES 10 SERVINGS

**HG Storage Tips:** These will stay fresh in the fridge for about a week. To freeze 'em, tightly wrap each fully cooled piece in foil or plastic wrap. Then place 'em in a sealable container or bag, seal, and freeze. To thaw one, unwrap and place on a microwave-safe plate. Cover or wrap in a paper towel, and microwave for about 1 1/2 minutes.

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