

Carrot Pulp Protein Bars *(sugar-free, dairy free)*



INGREDIENTS

- ¼ cup regular uncooked oats
- ½ cup pumpkin seeds
- 1 Tbsp coconut oil or ghee (melted)
- 3 Tbsp Walden Farm Maple Syrup (sugar-free and available at Shanti Wellness Centre)
- 1 scoop vanilla or strawberry flavoured protein powder (Kaizen brand available at Shanti Wellness Centre)

PROCESS

After juicing carrots, collect pulp and follow the recipe for every cup. Pre-heat oven at 325 F. In a large bowl, add pulp, oats, seeds, oil, syrup and protein powder. Line a cookie sheet with parchment paper. Pour mixture and spread until it's a ¼ inch thick. Bake for 25 minutes. Remove and let cool then cut into bars. Freeze the bars and use them as snacks or treats!