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Protein Banana Cream Pie Bars

Serving size: 1 bar

Recipe yields 9 servings

Prep time: 20 min. Cook time: 12 min.

Ingredients

Filling:

- 1 can (13.5 ounce) coconut milk
- 3/4 cup melted coconut oil
- 2 scoops Signature Oatmeal Cookie protein powder
- 1 cup very ripe mashed banana
- 2 dates, pits removed

Crust:

- 2 cups blanched almond flour (not almond meal)
- 1/4 teaspoon Celtic sea salt
- 4 tbsp melted coconut oil
- 1 large egg
- 3/4 cup water

Directions

1. Preheat oven to 350 degrees F.
2. For the crust, place almond flour and salt in a food processor and pulse to combine. Add 4 tablespoons of coconut oil and an egg and pulse until mixture forms a ball. Add water a little at a time until desired consistency is reached.
3. Press dough into bottom of a pan. Bake for 8-12 minutes, then remove from oven and allow to cool.
4. In a high-powered blender, combine coconut milk, 3/4 cup coconut oil, mashed bananas, and dates. Blend until smooth.
5. Pour mixture over cooled crust. Chill for at least 4 hours or until set. Cut into 9 bars and garnish with sliced bananas.