

Blueberry Lemon Protein Breakfast Bars



Looking for an easy, balanced, and tasty option? These lemon blueberry bars are exactly what you need! Perfect for satisfying a mid-afternoon hunger, they can also be enjoyed for breakfast, served with Greek yogurt. High in protein and filling, they are among our dietitians' favorite snacks. To vary the flavors, also try our [almond butter and chocolate protein bars](#).

Preparation 10 min

Cooking 25 min

Servings 10

Nutrition Facts (per serving)

Calories 160

Fat 4

Carbohydrates 21

Fibre 4

Protein 10

Sodium 90

Ingredients

Dry ingredients

- 375 ml (1 ½ cups) gluten-free large flake oats
- 2 servings (about 60 g) vanilla protein powder

- 30 ml (2 tbsp) chia seeds
- 45 ml (3 tbsp) ground flax seeds
- 5 ml (1 tsp) baking powder
- 5 ml (1 tsp) cinnamon
- Zest of 2 lemons
- A pinch of salt

Wet ingredients

- 125 ml (½ cup) unsweetened applesauce
- 125 ml (½ cup) plain 0% M.F. Greek yogurt
- 60 ml (¼ cup) maple syrup
- Juice of half a lemon (30 ml / 2 tbsp)
- 2 egg whites
- 30 ml (1 tbsp) natural almond butter
- 1 tsp vanilla extract
- 250 ml (1 cup) fresh or frozen blueberries

Preparation

1. Preheat the oven to 350 °F (175 °C). Line a 20 cm (8 in) square pan with parchment paper, leaving some overhang to make unmolding easier.
2. In a large bowl, mix the oats, protein powder, chia seeds, ground flax seeds, baking powder, cinnamon, and lemon zest.
3. In a medium bowl, whisk together the applesauce, Greek yogurt, maple syrup, lemon juice, egg whites, almond butter, and vanilla until smooth.
4. Pour the wet ingredients over the dry ingredients. Mix with a spatula until the oats are fully combine. The mixture will be thick and dense.
5. Gently fold in the blueberries. If using frozen blueberries, do not thaw them before adding to prevent discoloring the batter.
6. Transfer the mixture to the pan and press evenly using the back of a spoon. Bake for 25 minutes or until the center is set and the edges are lightly golden.
7. Let cool completely in the pan before unmolding. Then cut into 10 bars.

Notes

Keeps for 5 days in the refrigerator in an airtight container or 3 months in the freezer.

