



Avocado Pomegranate Chocolate Protein Bar

GF
option

V
option

INGREDIENTS

1 tbsp ground chia seeds
3 tbsp plus ¼ cup water
1 cup unblanched, finely ground pecan flour
¼ cup whole ground flaxseed meal
¼ cup Hy-Vee roasted & unsalted pepitas
3 tbsp Full Circle Market organic virgin coconut oil, melted
1 cup Hy-Vee frozen avocado chunks
½ cup canned unsweetened coconut cream
2 scoops Performance Inspired gourmet natural vanilla bean flavored whey protein powder
2 tbsp fresh lemon juice
2 tbsp Hy-Vee low calorie, sugar free pancake and waffle syrup
1 tsp Hy-Vee vanilla extract
3 tbsp Lily's no-sugar-added dark chocolate baking chips
Pomegranate arils, for garnish

PREPARATION

- 1** Line an 8x8-in. baking pan with waxed paper, extending paper over edges of pan; set aside. Soak chia seeds in 3 Tbsp. water in a small bowl for 5 to 6 minutes or until thickened, stirring occasionally.
- 2** Meanwhile, combine pecan flour, flaxseed meal and pepitas in a medium bowl. Stir in melted coconut oil and hydrated chia seeds until well combined.
- 3** For crust, press mixture into prepared pan. Freeze for 10 to 15 minutes or until firm.
- 4** For filling, place frozen avocado chunks, coconut cream, remaining ¼ cup water, protein powder, lemon juice, syrup and vanilla in a high-powered blender. Cover and blend until smooth. Pour avocado mixture over crust; set aside.
- 5** Microwave dark chocolate chips in a small microwave-safe bowl on HIGH at 15-second intervals or until melted, stirring each time.
- 6** Drop small dollops of melted chocolate on top avocado layer; lightly swirl in using a toothpick. Garnish with pomegranate arils, if desired. Freeze, uncovered, for 2 hours or until firm. Use waxed paper to lift bar mixture out of pan; cut into 14 bars; serve frozen. Store covered in freezer up to 5 days.

NUTRITION FACTS

Calories: 160
Total Fat: 13g
Saturated Fat: 6g
Trans Fat: 0g
Cholesterol: 10mg

Sodium: 25mg
Carbohydrates: 5g
Fiber: 3g
Sugar: 1g
Protein: 6g