

Chocolate Chip Bars

Ingredients

Preparation time: 30 minutes

Servings: 16

Cost: \$

- ½ cup rolled oats
- 1 can (15 oz.) garbanzo beans (drained, salt free)
- 2 Tbsp. extra virgin coconut oil
- 1 tsp. pure vanilla extract
- 1 tsp. baking powder
- ¼ tsp. salt
- ¼ cup raw sugar
- ¼ cup HERSHEY'S Semi-Sweet Chocolate Baking Chips

Optional Add-ins:

- ¼ cup dried coconut flakes
- ¼ cup chopped walnuts
- ¼ cup dried cherries

Directions

1. Preheat oven to 350°F.
2. Place all ingredients except the chocolate chips in a food processor and process until smooth. Melt the oil coconut oil until liquid before adding.
3. Mix in the chocolate chips and stir to combine.
4. Transfer batter into a lightly greased 8 x 8 inch pan.
5. Bake for 18 minutes.
6. Cool, then cut into 16 squares.

Adapted from Eat Move Balance (<http://eatmovebalance.com/sneaky-chocolate-chip-cookie-bars/>)



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Chocolate Chip Bars	
Amount	1/16 of dish
Calories	80
Fat (g)	3
Sat. Fat (g)	2
Carb. (g)	11
Fiber (g)	1
Protein (g)	2
Allergen info: Vegan	

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Cooking Tip

Have a cookie bar as part of a post-endurance workout snack to replenish muscle energy stores, or enjoy as a guilt-free after-meal dessert. Mix add-ins into batter to enhance flavor.

Performance Facts

Garbanzo beans in this recipe are rich in vitamins and minerals. They also contain iron to aid in oxygen delivery throughout the body, and folate, a B vitamin used for DNA synthesis. Half a cup of garbanzo beans provides 6 grams of dietary fiber, which helps to prolong satiety and provide sustained energy. Dark chocolate contains antioxidants called flavonoids that decrease blood pressure and combat the oxidative stress resulting from prolonged exercise.