

# LEMBAS BREAD



## Ingredients

- ❑ 4.5 scoops (4.5 tbsp) casein protein powder
- ❑ 4.5 scoops oat flour
- ❑ 4.5 scoops apple sauce
- ❑ 1.5 scoops flax meal
- ❑ 3 mini scoops power green powder
- ❑ 2 eggs
- ❑ ¾ cup greek yogurt
- ❑ Optional: ½ - ¾ cup peanut butter

## Utensils

- ❑ 8"x12" baking stone /pan
- ❑ Mixing bowl

## Cooking Instructions

1. Preheat oven to 350°
2. Oil pan
3. Mix powders, flax meal, and oat flour
4. In separate bowl mix eggs, apple sauce, greek yogurt
5. Combine in one large bowl, mix well
6. Optional: loosely mix in peanut butter
7. Spread mixture evenly on baking stone
8. Cook in oven for 25 minutes (until edges are brown)
9. Let sit 5 - 10 minutes
10. Cut and enjoy!