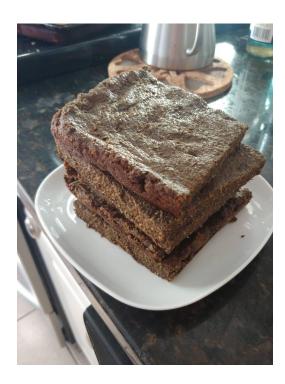
LEMBAS BREAD



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!