

# LEAN BODY®



## Protein Bar Dessert Pizza

### HOW TO MAKE IT

1. Soften up your Lean Body Bars by throwing them in the microwave for 15 seconds
2. Take out a baking pan and some parchment paper
3. Press down your bars as thin as you can onto your parchment paper (shape your crust)
4. Bake on **350F/176C** for around 10 minutes or until it rises
5. Let it cool for a bit
6. Add on your toppings

### INGREDIENTS

#### Pizza Crust:

- 2 Lean Body Protein Bars (Your Choice Flavor)
- 1 Serving Baking M&M's \*Optional

#### Toppings:

- 1 Container (150g) Greek Yogurt
- Sprinkle Cocoa Powder
- Some Chopped Pecans



### NUTRITION

#### 1/2 Pizza

Makes: 2 Servings

Calories: 360

Fat: 10.5g

Saturated Fat: 4g

Sodium: 130mg

Carbs: 37g

Fiber: 18.5g

Sugar: 13g

Protein: 29.5g



### TIPS

Switch up the flavors by using different flavored bars and Greek yogurt!

Add on a layer of nut butter or some jelly!

Top it with more protein bar pieces, other nuts or chocolate chips, fresh fruit, etc!