

# LEAN BODY®



## Protein Bar Rolls

### HOW TO MAKE THEM

1. Microwave each Lean Body Protein Bar you're using for around 10-15 seconds (this makes them easier to shape)
2. Take out a baking pan and some parchment paper
3. Coat the handle of a wooden spoon or anything round with some non-stick cooking spray
4. Wrap 1/2 of your bar around your handle (this will form the hole in the middle)
5. Slide off your "roll" and place it onto your parchment paper
6. Bake them on **350F/176C** for around 8-10 minutes or until they expand and turn a golden brown color (they should almost double in size)
7. Fill them by either using the corner of a plastic bag or dessert decorator

### INGREDIENTS

1+ **Lean Body Protein Bars** (Your Choice Flavor)  
Macro Friendly Filling (Greek Yogurt, Cottage Cheese, Cream Cheese, Jelly, etc)



### NUTRITION

#### 1 Roll

**Makes: 2 Rolls**

**Calories: 156**

**Fat: 4g**

Saturated Fat: 1.5g

Sodium: 90mg

**Carbs: 14g**

Fiber: 7g

Sugar: 3.5g

**Protein: 16g**



### TIPS

Make different sizes!

If they look like they are flattening out while in the oven, turn them on their side after a few minutes!