

Chocolate Chip Peanut Butter Cookie Bars (S)

Look it's a cookie . . . no it's a bar . . . no it's a cookie! Whatever you call these, call them yummy!! They are a wonderful blood sugar-balancing afternoon pick-me-up, the perfect treat to toss in your bag in a zippy bag for a protein-based afternoon snack. Each bar gives you close to 10 grams of protein, which is a fine amount for a snack. If you're at home, have with a glass of chilled unsweetened almond milk, relax, and say "Ahhhh!" This recipe is found in the "Delicious Desserts & Treats - Candies & Bars" section of the [Trim Healthy Table Cookbook](#), page 429.

Makes 9 bars

INGREDIENTS:

- ½ cup pumpkin puree
- 1 large egg
- ½ cup natural peanut butter (sugar-free) (or other nut butter)
- ½ cup [TH Baking Blend](#) (plus 2 Tbs)
- ¼ cup [TH Integral Collagen](#)
- ¼ cup [TH Pristine Whey Protein Powder](#) (unflavored)
- ½ tsp [TH Mineral Salt](#)
- ¾ cup [TH Gentle Sweet](#)
- 2 doonks [TH Pure Stevia Extract Powder](#) (2 to 3 doonks)
- 1 tsp [TH Natural Burst Vanilla Extract](#)
- 1 tsp baking soda
- 1/3 cup on-plan chocolate chips (or other stevia-sweetened chocolate chips, or chopped 85% chocolate)



DIRECTIONS:

1. Preheat the oven to 350°F. Line a 17 x 11-inch baking sheet with parchment paper.
2. Stir together all the ingredients (except the chocolate chips) with a fork until well combined (or use a stand mixer). Stir in the chocolate chips.
3. Scrape the dough onto the parchment. The dough will be sticky, so use water-moistened fingers to spread it out into a skinny rectangle about 13 x 4 inches. Bake for 15 minutes.
4. Remove from the oven and score crosswise into 9 bars. The bars will still be soft and will not appear fully cooked. This is fine. Leave them alone for 30 minutes while they set, then cut into bars. You can keep them out for several hours but refrigerate after that in a zippy bag.

This and other delicious TH recipes can be found at www.TrimHealthyMembership.com