

Dialyvite[®]'s Raspberry Hi-Peak Snack Bar



A quick snack packed with Dialyvite[®] Hi-Peak Protein

Ingredients:

2 cups whole wheat flour

½ cup wheat germ

1 cup unsalted butter, cut into pieces and softened

¼ cup brown sugar, packed

5 scoops Dialyvite[®] Hi-Peak Protein Powder

½ cup white sugar

½ cup rolled oats

1 cup fresh raspberries

¾ cup raspberry jam

Preheat oven to 375°. Line a 13 x 9 inch pan with foil, allowing extra to hang over the edges. Spray with cooking spray. Stir the flour, wheat germ, Dialyvite[®] Hi-Peak and white sugar in large bowl. Add 14 Tablespoons of butter and beat until it looks like sand. Set aside 1 ¼ cup of this mixture. Pour the rest into the bottom of the pan and press evenly. Bake until it starts to brown, approximately 14-18 minutes. To the reserved mixture add the oats, brown sugar and 2 Tablespoons of the softened butter. In another bowl, lightly smash the raspberries and jam together. Spread the berry mixture over the baked crust. Sprinkle the oatmeal mixture on top of this and bake until golden, about 20-25 minutes. Allow to cool completely in pan. Use foil to remove from pan. Makes 24 squares.

Each snack bar contains approximately:

5 grams of Protein	8 grams of Total Fat	2.7 grams Saturated Fat	13 grams of Sugar	50 milligrams of Sodium
126 milligrams of Potassium	2 grams Dietary Fiber	98 milligrams of Phosphorus	24 grams of Carbohydrates	183 Calories