



USOC
SPORTS NUTRITION

Weekly Recipe:

Chocolate Chip Bars

Chocolate chip cookies are typically high in calories and low in nutritional value because they are made with large amounts of refined sugar, white flour, and butter to give them a chewy and crispy texture. This recipe utilizes the moisture from pureed beans to create a tasty yet nutritious alternative to the traditional chocolate chip cookie. Have a cookie bar as part of a post-workout snack to replenish energy stores or as a guilt-free after-meal dessert. Enjoy!

Ingredients:

16 servings

- ½ cup rolled oats
- 1 can (15 oz) garbanzo beans (drained, no salt added, approx. 1.5 cups)
- 2 Tbsp. extra virgin coconut oil
- 1 tsp. pure vanilla extract
- 1 tsp. baking powder
- ¼ tsp. salt
- ¼ cup raw sugar
- ¼ cup bittersweet chocolate chips

Optional: unsweetened dried coconut, cinnamon

Directions:

1. Preheat oven to 350°F.
2. Place all ingredients except the chocolate chips in a food processor and process until smooth. Melt the oil coconut oil until liquid before adding.
3. Mix in the chocolate chips and stir to combine.
4. Transfer batter into a lightly greased 8 x 8 inch pan.
5. Bake for 18 minutes.
6. Cool, then cut into 16 squares.

*Recipe adapted from Eat Move Balance (<http://eatmovebalance.com/sneaky-chocolate-chip-cookie-bars/>)



Chocolate Chip Bars

Amount	1/16 of total prepared dish
Calories	80
Fat (g)	3
Sat. Fat (g)	2
Carb. (g)	11
Fiber (g)	1
Protein (g)	2
Vegan.	



For Sport Nutrition Questions, contact:

Shawn Dolan, PhD, RD, CSSD

(714) 277-5378; shawn.dolan@usoc.org

Kate Machado, MS, RD, CSSD

(619) 559-0488; kate.s.machado@gmail.com

Liz Fusco, BS

(707) 331-2981; liz.fusco.nutr@gmail.com

Jasmine Chu, MS, Dietetic Intern

The garbanzo beans in this recipe serve as a lean source of protein and a rich source of vitamins and minerals. They contain iron to aid in oxygen delivery throughout the body and folate, a B vitamin required for DNA synthesis. Half a cup of garbanzo beans provides 6 grams of dietary fiber, which helps to prolong satiety and provide sustained energy. The combination of beans and oats is complementary, meaning that together, they make a complete protein containing all of the essential amino acids required for protein synthesis.

In addition, oats are a healthy whole grain containing soluble fiber to lower serum cholesterol and improve cardiovascular health.

Coconut oil contains mostly saturated fat (92%) which is made up of an unusual blend of short and medium chain fatty acids that are readily absorbed from the digestive tract and preferentially burned for fuel.

Last but not least, dark chocolate contains antioxidants called flavonoids that decrease blood pressure and combat the oxidative stress resulting from prolonged exercise.

