



High Protein Pop Tarts

Macros: 197 Calories; 21g Protein; 29g Carbs; 8g Fat

Ingredients

- 1 1/2 cups whole wheat flour
- 1/2 cup vanilla protein powder
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 cup applesauce
- 1/4 cup oil *any neutral flavored oil*
- 1 teaspoon vanilla extract
- 1/2 cup strawberry jam

Glaze

- 1 cup confectioners' sugar *I use sugar free confectioner's sugar*
- 1 cup vanilla protein powder *Optional*
- 2 tablespoons milk *or water, as needed*
- 1/2 teaspoon vanilla

Directions

1. Preheat the oven to 325°. Line a baking tray with parchment paper. Set aside.
2. In a medium mixing bowl, add flour, protein powder, sugar, and baking powder and whisk together. Set aside. In a small mixing bowl, mix together the applesauce, oil, and vanilla extract until smooth.
3. Add the wet ingredients to the dry ingredients and mix to form a dough. If the dough is a little dry, add 1-2 teaspoons of ice-cold water. Shape into a ball, cover in plastic wrap, and allow to rest in the fridge for 15 minutes.
4. After resting, cut the dough in half. Place one half of the dough onto a sheet of baking paper, cover with another sheet of baking paper, and roll the dough out to 1/8-inch thick.
5. With a pizza cutter, cut the pastry into 8 equal rectangles. Repeat with the remaining pastry. Arrange the cut pastry rectangles onto a prepared tray lined with parchment paper. Place a heaping serving of jam into the center of each pastry rectangle and slightly spread out, leaving space around the edges.
6. Top each pop tart with a pastry piece and press down to seal the edges. Using a fork, press around the edges to ensure all edges are sealed.
7. Bake the pop tarts in the oven for 10-15 minutes or until lightly golden brown. Remove from the oven and allow the pop tarts to cool on a cooling rack.
8. In a mixing bowl, whisk together the confectioner's sugar, milk, and vanilla. If needed, add more milk. Spread over tops of cooled pop tarts, leaving a small rim uncoated around all sides. Sprinkle tops with sprinkles and allow the glaze to set at room temperature.

Notes

- Nutritional information was calculated using sugar-free powdered sugar and the addition of protein powder in the glaze.
- **TO STORE:** Leftover pop tarts should be stored in an airtight container in the refrigerator for up to one week.
- **TO FREEZE:** Place cooled pop tarts in a freezer-safe container and freeze for up to six months. Let them thaw overnight in the fridge.
- **TO WARM UP:** Place a pop tart in the toaster oven or air fryer and heat until warm, or microwave them for 10 seconds