

Protein Poptarts- Gluten-free!

Being gluten-free can make some of your favorite foods not in your diet anymore. As a kid, I loved pop tarts, but once I became diagnosed with celiac, I could not eat pop tarts anymore. I perfected the perfect pop tart recipe that my whole family loves. We all know how unhealthy normal pop tarts may be, so I present an enjoyable recipe for all, even on their weight loss journey!

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Filling: 1/4 cup Fruit preserves sugar-free or low sugar preferred

Crust:

- 1 cup Oat flour
- 1 cup Almond flour
- 1/2 cup protein powder
- 1/2 teaspoon Salt
- 1 teaspoon Baking powder
- 1/2 teaspoon Baking soda
- 6 tablespoons low sugar Applesauce

Glaze:

- 1/2 cup protein powder
- 4 oz light cream cheese (room temperature) or almond milk yogurt for a dairy-free alternative
- 1 tablespoon Almond milk
- 1/2 teaspoon Vanilla extract

Topping:

- 1 tablespoon Sprinkles

Directions:

1. Preheat the oven to 350 degrees. Line a baking sheet pan with parchment paper. To make the dough, mix everything the dough together in a medium bowl. Stir to combine until dough forms. Roll out dough to 1/8 inch thickness between two pieces of parchment paper.
2. Cut into 8 rectangles and place them on a prepared baking sheet. Add 1 tablespoon of fruit preserves/jam in the center of 4 pieces of dough. Place the other four rectangles on top of the fruit mixture.
3. Add the cream cheese to the protein powder with vanilla extract and 1 tablespoon of milk or water until smooth glaze forms. Spoon glaze over cooled pop tarts and garnish with sprinkles if desired. Enjoy or refrigerate for up to 5 days, or freeze for up to 3 months.

