

NO BAKE PROTEIN BARS



INGREDIENTS:

- 2 Scoops vanilla protein powder
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 cup oats (dry)
- 2 Tbsp coconut oil
- 1/2 cup nut or seed butter
- 1/4 cup raw honey
- 1/2 tsp vanilla extract
- 1 Tbsp water (if needed)

DIRECTIONS:

- 1) Combine protein powder, oats, cinnamon, and salt in food processor. Blend until oats are made into flour
- 2) In a microwave safe bowl, melt coconut oil. Stir in nut/seed butter, honey, and vanilla extract. Stir until smooth
- 3) Add mixture to food processor and blend on high for 1-2 minutes or until completely mixed. (may need to press down with spatula a few times)
- 4) Add water if mixture is dry. Mix again
- 5) Line an 8x8 baking dish with parchment paper and scoop mixture into pan, pressing down firmly and evenly with spatula
- 6) Freeze for 30+ minutes before slicing.
- 7) Slice into 8 even bars and store in fridge.

Enjoy!

Makes 8

Calories per bar: 220 | Protein: 11 gm | Carbs: 19 gm | Fat: 12 gm