

# PB PANCAKE PROTEIN BARS



## INGREDIENTS:

- 1 cup (~6 scoops) GLAM PRO Breakfast in Bed
- 2/3 coconut flour
- 3/4 cup natural nut or seed butter
- 1/2-3/4 cup cashew or 2% milk
- 2 tbsp mini dark chocolate chips

## DIRECTIONS:

- 1) In a large bowl mix GLAM PRO and coconut flour
- 2) In a separate, microwave safe bowl, add nut/seed butter. Microwave until melted, 30-45 seconds
- 3) Add melted nut/seed butter to GLAM PRO mixture, mix well.
- 4) Add milk 1/4 cup at a time until mixture is well mixed. Should be thick and sticky
- 5) Place parchment paper on a 8 x 8 baking pan
- 6) Place protein bar dough on the baking pan, press using a silicone spatula or your hands. Ensure dough is evenly pressed
- 7) Top with the mini chocolate chips, press them in slightly
- 8) Refrigerate for at least 1 hour
- 9) Slice into 10 bars. Store in the fridge. You may also freeze them to enjoy later. Thaw for at least 30 minutes

Enjoy!

Makes 10 Bars | 1 Serving = 1 Bar  
Calories: 219 | Protein: 15 g | Carbs: 11 g | Fat: 12 g | Fiber: 4 g