

PSL PROTEIN BARS



INGREDIENTS:

- 4 scoops Breakfast in Bed GLAM PRO
- 3/4 cup oats
- 1 tsp pumpkin spice
- 1 tbsp instant coffee
- 1/4 cup tahini
- 1/2 cup pumpkin puree

DIRECTIONS:

1. Ground the oats into flour
2. In a medium bowl mix GLAM PRO, oat flour, pumpkin spice, and instant coffee
3. In a separate bowl mix tahini (if your tahini is not runny, microwave for ~30 seconds) and pumpkin puree
4. Add wet ingredients into dry ingredients, mix well
5. If needed add 1 tbsp of water, the mixture should be like cookie dough consistency
6. Line a small meal prep container with parchment or wax paper
7. Press mixture evenly into the container, freeze for 30-45 minutes
8. Cut into 4 bars. Store in the freezer until you're ready to enjoy

Makes 4 Bars | 1 Bar = 1 Serving
Calories: 248 | Protein: 20 g | Carb: 16 g | Fat: 10 g | Fiber: 4 g