

EASY 4-INGREDIENT NO-BAKE PROTEIN BARS



INGREDIENTS

- 3 cups gluten-free rolled oats
- 4 scoops vanilla protein powder
- 1 cup smooth almond butter (or any nut/seed butter)
- 1 cup brown rice syrup

Optional

- 1 T liquid of choice (if batter is too crumbly, milk works best for texture)
- 1 cup chocolate chips (optional)

DIRECTIONS

1. Line a 10 x 10-inch pan with parchment paper and set it aside.
2. In a large mixing bowl, add your gluten-free rolled oats with your protein powder and mix well.
3. Set aside.
4. In a microwave-safe bowl or stovetop, combine your almond butter (or nut/seed butter of choice) with your brown rice syrup (or sticky sweetener of choice) and melt until combined.
5. Add your wet mixture into the dry mixture and mix until fully incorporated.
6. If needed, add some liquid of choice to form a thick batter.
7. Pour your no-bake protein bar batter into the lined pan and press firmly in place.
8. Melt your chocolate chips and drizzle over the top.
9. Refrigerate for 30 minutes, or until firm.
10. Slice into 25 bars.

Best stored individually wrapped. Best stored in refrigerator and can be frozen

NUTRITION INFORMATION

Serving: 1 Bar | Calories: 73kcal | Carbohydrates: 9g | Protein: 3g | Fat: 3g | Potassium: 4mg |
Fiber: 3g | Vitamin A: 200IU | Vitamin C: 3.3mg | Calcium: 30mg | Iron: 0.7mg | NET CARBS:
6g