



Easy Homemade Protein Bars

*Recipe Source: Sweet Peas and Saffron
Makes 16 Servings*

Ingredients:

½ cup of vanilla bean protein powder
1 teaspoon of cinnamon
1 cup of rolled oats
2 tablespoons of coconut oil
½ cup natural almond butter
¼ cup of honey
½ teaspoon of vanilla extract
1 tablespoon of water (if needed)
Sea salt for sprinkling

Steps:

- Combine the protein powder, cinnamon and rolled oats in a 7- cup food processor fitted with a steel blade. Blend until the oats are powdery and blended.
- In a microwave safe bowl, melt the coconut oil. Stir in the almond butter, honey and vanilla extract until smooth.
- Add the liquids into the food processor in two batches, processing in between. Process on high for 1-2 minutes until mixture is completely blended and mixed together. You may need to stop and press the mixture down a few times with a spatula.
- If mixture feels dry, add 1 tablespoon of water and process again.
- Line an 8x8 inch baking dish with parchment paper. Scoop the protein bar mixture into the pan and press firmly with a spatula.
- Sprinkle with flaky sea salt
- Freeze for a minimum of 30 minutes before slicing into bars.
- Keep bars in the fridge as they become soft at room temperature.

Nutritional Facts (per serving): Calories: 116, Carbohydrates: 10 grams, Protein: 5 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 4 mg, Sodium: 26 mg, Fiber: 1 gram, Total Sugars: 5 grams.