

Selah V. Fitness - Recipes

HOMEMADE PROTEIN BARS

INGREDIENTS

1/2 cup unsweetened almond milk
1 cup peanut butter
3 Tbs NuNaturals Cocoa Syrup
1 1/2 cups chocolate whey protein powder
2 cups oats (regular, not quick cook)

DIRECTIONS

On medium heat, combine milk, peanut butter, and syrup. Stir until well combined. Remove from heat. Stir in protein powder and oats. Pat into a 9X13 bakig pan. Place in freezer until hard, then cut into 16 rectangles.

NUTRITION FACTS

Calories: 186
Fat: 10.6 grams
Carbs: 12.8 grams
Protein: 12.5 grams