

powerful protein bars

MAKES 6-8 bars

PREP TIME: 10 minutes

INACTIVE TIME: 30 minutes

RECIPE FROM: [He and She Eat Clean](#)

2 cups rolled oats, dry

½ cup natural nut or seed butter of choice
(peanut, almond, cashew, sunflower, etc)

4 scoops clean, unsweetened protein powder*

½ cup milk

Optional add-ins: dried fruit, drizzle of honey,
dark chocolate chips, shredded coconut, etc.

***You can use unflavored, vanilla or chocolate protein powder. If using unflavored, add 1 tsp vanilla extract or a drizzle of honey.**

Choose a clean protein powder with minimal ingredients and double check for hidden sugars and artificial sweeteners. We used whey protein for this recipe, but you could also use a pea or other plant-based protein powder.

LINE an 8x8 baking dish with parchment paper.

MIX all ingredients by hand until well combined in a large bowl.

PRESS mixture into dish, using a spatula to flatten.

FREEZE for approximately 30 minutes or until set.

CUT into bars and store in an air-tight container in the fridge.

SERVE as a meal replacement or snack, depending on the size you cut them into.

