

Protein Bars

Almond Butter Protein Fudge

1/2 c protein powder
1/2 tsp vanilla
2 T coconut flour
1/2 c creamy almond butter
4 T coconut oil
2 T maple syrup

In a medium-sized mixing bowl, combine protein powder and coconut flour. Mix until well combined and set aside.

In a small pan over medium-low heat, add almond butter, coconut oil, and maple syrup, stirring until the almond butter is melted and the mixture becomes smooth. Remove from heat and pour into the dry mixture, stirring until everything is fully combined.

Line a medium-sized tight sealing container with parchment paper and pour the mixture into it, using a spatula or your fingers to spread it out evenly and press it down firmly.

Remove container from freezer and use the parchment paper to lift out the fudge. Use a sharp knife to cut into size of your choice and enjoy! Store in freezer and remove a few minutes before eating for best results.

12 servings - 7 g of protein each

No-bake Cherry Vanilla Protein Bars

1 c old-fashioned oats or rice flakes
1/3 c ground flaxseed
1/3 c unsweetened shredded coconut
3 scoops vanilla plant-based protein powder (whey will not work)
1/2 c almond butter
1/4 c pure maple syrup
1 T almond milk
1 tsp vanilla extract
1/3 c dried cherries or cranberries

Line a loaf pan with parchment paper (unless you want to roll them into balls instead). Set aside.

Place oats, ground flax, coconut and protein powder in a blender or food processor. Blend until the mixture resembles a powder.

Dump dry mixture into a medium mixing bowl. Add in almond butter, maple syrup, almond milk and vanilla, stirring until well combined (I used my hands). Fold in dried cherries.

Dump mixture into lined loaf pan. Press down firmly using your fingers until it's completely flat and smooth. Freeze for at least 30 minutes before slicing into 9-11 bars

Store in the fridge or freezer.

9-11 bars - 12 g protein

Chocolate Mint Protein Bars

1 c of dates
1 c of nuts (I used 1/2 cup cashews and 1/2 cup of almonds)
3/4 c protein powder
1/4 c cocoa powder
1/2 tsp peppermint extract
2 T almond milk (if using whey protein, you will need to use slightly more)
1/2 tsp sea salt
1/2 tsp vanilla

Place dates in food processor and process until pea-like consistency is reached.

Add in nuts and continue processing until dates and nuts are finely ground.

Add in protein powder, cocoa powder, salt, peppermint extract and almond milk and process until a well-combined sticky ball is formed.

Take a 9 x 9 inch baking dish and line with plastic wrap.

Place bar mixture into dish and flatten, making sure the top is even.

Place in freezer for at least 15 mins.

Remove from freezer and lift plastic wrap out of dish.

Cut into 12 bars - 9 g of protein.

Store in fridge or freezer.

Healthy 5-Ingredient Granola Bars

Ingredients

- 1 heaping cup packed dates (pitted medjool)
- 1/4 cup maple syrup or agave nectar
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds (loosely chopped)
- 1 1/2 cups rolled oats (gluten-free for GF eaters)
- Chocolate chips, dried fruit, nuts, banana chips, vanilla, etc. (optional additions)

Instructions

- Process dates in a food processor until small bits remain (about 1 minute). It should form a “dough” like consistency. (Mine rolled into a ball.)
- Optional step: Toast your oats (and almonds if raw) in a 350-degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw – I prefer the toasted flavor.
- Place oats, almonds and dates in a large mixing bowl – set aside.
- Warm maple syrup (or agave or honey) and peanut butter in a small sauce pan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- Once thoroughly mixed, transfer to an 8×8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars // adjust size of pan if altering batch size).
- Press down firmly until uniformly flattened – I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
- Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
- Remove bars from pan and chop into 10 even bars (or 9 squares // as original recipe is written). Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn't necessary.

Almond Butter Protein Fudge Bars

12 servings (7 grams of protein)

Ingredients

- 1/2 cup protein powder
- 1/2 tsp vanilla
- 2 Tbsp. coconut flour
- 1/2 cup creamy almond butter
- 4 Tbsp. coconut oil
- 2 Tbsp. maple syrup

Instructions

- Mix until well combined and set aside.
- In a medium-sized mixing bowl, combine protein powder and coconut flour.
- In a small pan over medium-low heat, add almond butter, coconut oil, and maple syrup, stirring until the almond butter is melted and the mixture becomes smooth.
- Remove from heat and pour into the dry mixture, stirring until everything is fully combined.
- Line a medium-sized container with parchment paper and pour the mixture into it, using a spatula or your fingers to spread it out evenly and press it down firmly.
- Remove container from freezer and use the parchment paper to lift out the fudge. Use a sharp knife to cut into size of your choice and enjoy!
- Store in freezer and remove a few minutes before eating for best results.

Cookies & Cream - 6 protein bars

Ingredients

- 3/4 cup coconut butter, softened until spreadable
- 1 1/2 tablespoons cashew butter
- 2 tablespoons honey or maple syrup
- 1 teaspoon pure vanilla extract
- 60 grams (2 scoops) Vege PRO-7 vanilla protein powder, or other vanilla protein powder

Instructions

- Line a 6x4 baking dish or loaf pan with parchment paper and set aside.
- In a large bowl, combine softened coconut butter, cashew butter, honey (or maple syrup), and vanilla extract.
- Stir with a spatula until fully combined and smooth.
- Stir in protein powder and chocolate chunks until well combined and incorporated.
- Pour the mixture into prepared pan. Spread and press down to flatten. Cover and freeze for at least 20 minutes until fully set.
- Slice into 6 bars and enjoy! Store covered in the fridge or freezer.