

Powerful Protein Bars

Makes 6-8 Bars

Recipe from: [He and She Eat Clean](#)

Ingredients

2 cups rolled oats, dry
½ cup natural peanut butter
(or other nut butter of choice)
4 scoops whey protein powder*
½ cup milk or water**

Optional add-ins: dried fruit, drizzle of honey,
dark chocolate chips, etc. (options are endless!)



Directions

1. Line an 8x8 dish with parchment paper.
2. In a large bowl, mix all ingredients by hand until well combined.
3. Press mixture into dish, using a spatula to flatten.
4. Freeze for approximately 30 minutes or until set. Cut into bars and then wrap individual bars in plastic wrap or bags and refrigerate.
 - Cut into **6 bars** if you are planning to use these bars as a **meal replacement**.
 - Cut into **8 bars** if you are planning to use these bars as a **snack**.

* You can use unflavored, vanilla or chocolate protein powder. If using unflavored, add 1 tsp vanilla extract. Choose a clean whey protein powder (whey protein isolate is ideal) with minimal ingredients. If you are unable to consume dairy, you can use 100% pea protein powder.

** I prefer to use milk in this recipe for an added boost of calcium and vitamin D and for extra flavor. You can use skim or 1% milk or almond, rice or soy milk.

Nutrition Information per Serving (meal replacement size): Calories: 280, Total Fat: 13gm, Saturated Fat: 2gm, Cholesterol: 30mg, Sodium: 146mg, Carbs: 25gm, Fiber: 5gm, Protein: 20gm

Nutrition Information per Serving (snack size): Calories: 210, Total Fat: 10gm, Saturated Fat: 1.5gm, Cholesterol: 23mg, Sodium: 110mg, Carbs: 19gm, Fiber: 3.5gm, Protein: 15gm