

# coconut and chocoate peanut butter protein bars

**Makes 10 bars**

RECIPE ADAPTED FROM: [Ambitious Kitchen](#)

PREP TIME: 10 minutes

INACTIVE TIME: 1 hour

---

½ cup natural peanut butter (just peanuts + salt)

2 Tbsp coconut oil

2 Tbsp honey or maple syrup

1 tsp vanilla extract

½ cup vanilla protein powder  
(I used [vanilla Vital Whey](#))

1 cup rolled oats

1 Tbsp chia seeds

⅓ cup unsweetened shredded coconut

2 Tbsp chocolate chips

1 tsp coconut oil

---

WARM peanut butter, 2 Tbsp coconut oil, honey and vanilla in a saucepan over low heat. Mix together until well combined and smooth, then remove from heat and transfer to a large bowl.

STIR in protein powder until smooth, then fold in oats, chia seeds and shredded coconut.

PLACE in a 8x4 inch loaf pan lined with parchment paper.

ADD chocolate chips and coconut oil in a small saucepan and place over low heat until melted.

DRIZZLE over the tops of the bars.

PLACE in the fridge for 1 hour before removing from pan and cutting into 10 bars or squares.

STORE bars in the fridge tightly wrapped or in an airtight container for up to 2 weeks.

