

powerful protein bars

Makes 6-8 bars

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

PREP TIME: 5-10 minutes

INACTIVE TIME: 30 minutes

2 cups rolled oats

½ cup natural peanut butter (or other nut butter of choice)

4 scoops protein powder (I used whey protein)

½ cup milk of choice

Optional add-ins: dried fruit, honey, dark chocolate chips, etc.

*You can use unflavored, vanilla or chocolate protein powder depending on what flavor you want. If using unflavored, add 1 tsp vanilla extract.

LINE an 8x8 dish with parchment paper.

MIX all ingredients in a large bowl until well combined.

PRESS mixture into prepared dish, using a spatula to flatten.

FREEZE for approximately 30 minutes or until set.

Cut into 6 bars if you are planning to use these bars as a meal replacement and 8 bars if you are planning to use these bars as a snack.

STORE in the fridge tightly wrapped or in an airtight container.

