Posted on 28 May 2014

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Chocolate Protein Bar

Ingredients

50g coconut flakes
5 tbsp natural peanut butter (chunky or smooth) or almond or cashew butter
165g / dry oat meal, 4 scoops
1 tbsp/ 5 g cocoa powder
6 scoops Muscle Provider Chocolate
115g Dates
100g / 1 cup non-fat dry milk
½ cup water
2 tbsp flax seeds (optional)

Preparation

1. Mix dry ingredients, then add peanut butter and mix. Add water. Using a wooden spoon, mix until sticky dough forms. Spread into pan and refrigerate a few hours (or freeze for 1 hour) Cut into 9 or more squares. Wrap bars individually or store in covered container between sheets of wax paper. Keep refrigerated.
2. You can add nuts for variety if you would like. Divide into 12.

Cooks Note

Cal : 2,700
Carbs : 302
Fat : 91
Protein : 228

Per serving : 1/ 12th
Cal : 225
Carbs : 25
Fat : 7.5
Protein : 19