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## Vanilla 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  
1 tsp vanilla  
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 and vanilla. 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

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