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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
