



Homemade Protein Bars



8 servings



50 minutes

Ingredients

- $\frac{3}{4}$ cup old-fashioned rolled oats
- $\frac{1}{2}$ cup almond flour
- $\frac{1}{2}$ cup salted dry-roasted whole cashews, chopped
- 5 Tbsp hemp seeds
- 2 Tbsp mini semisweet chocolate chips
- 2 tsp unsweetened cocoa powder
- $\frac{1}{2}$ cup smooth natural cashew butter
- 3 Tbsp water
- 1 Tbsp unrefined coconut oil
- 1 Tbsp pure maple syrup
- 2 tsp vanilla extract

Instructions

1. Combine the rolled oats, almond flour, chopped cashews, hemp seeds, chocolate chips and cocoa in a large bowl; stir well.
2. Combine the cashew butter, water, coconut oil, maple syrup and vanilla in a small microwavable bowl. Microwave on high until the coconut oil is melted, about 40 seconds. Stir until smooth; pour into the oat mixture and stir until well combined.
3. Line an 8½-by-4½-inch loaf pan with plastic wrap. Press the oat mixture firmly into the prepared pan, creating a compact, even layer. Freeze, uncovered, until firm, about 40 minutes. Remove from the pan; discard the plastic wrap. Cut into 8 (1-inch) bars.

Storage Tip: Refrigerate in an airtight container for up to 4 days. For the best texture, keep the bars stored in the fridge until you're ready to enjoy them.