

Hello Home-Made, Bye-Bye Store Bought! Natural Protein Bars

Most commercially sold protein bars, cereal bars and energy bars are little more than glorified candy bars that are loaded with empty carbs, high-fructose corn syrup and overly processed ingredients. On top of that, they can be outrageously expensive!

Protein bars are great to have on hand for those with a busy lifestyle – a protein bar can save you from that spur of the moment cheeseburger or donut while out running errands!

Instead of store-bought, try this recipe for protein bars you can make at home full of healthy ingredients to keep you going until your next meal, as a meal replacement or to re-fuel after a workout. Get creative and choose your favourite nuts and seeds!

Wet Ingredients:

½ cup coconut palm sugar or brown sugar
½ cup butter
2 tsp vanilla
1 cup natural nut butter (peanut, cashew or almond are great!)
¾ cup agave syrup or honey

Dry Ingredients:

3 cups large flake oats	1/3 cup ground flax seeds
½ cup unsweetened flaked coconut	¼ cup unsalted, shelled pumpkin seeds
¼ cup hemp or chia seeds	1 cup chopped almonds
½ cup sunflower seeds	4 scoops protein powder (chocolate or vanilla)
½ cup dried fruit (raisins, cranberries, apricots, etc)	
1/3 cup wheat germ	
¼ cup sesame seeds	

Directions:

1. Mix wet ingredients together and warm in the microwave for about 1 minute or blend in a saucepan over low heat.
2. Mix all dry ingredients together.
3. Add wet mixture to dry mixture and mix well. If you find the mixture is too dry, add a little more agave or honey.
4. Preheat oven to 350F.
5. Grease an 11X13 baking sheet or for thicker bars, use a 9X13 baking pan. Press mixture into pan/sheet (a rolling pin is helpful).
6. Bake for 15 minutes or until edges are golden brown. Will still look a little wet in the middle when done.
7. When cool and set, cut into 2 ½" bars. Store any uneaten portions in airtight container or wrap tightly in plastic wrap.

