

HELLO HOMEMADE

DIY 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. They can save you from that spur-of-the-moment drive-thru stop while out running errands. Instead of store-bought, try this protein bar recipe to make at home. It's full of healthy ingredients to keep you going until your next meal or to re-fuel after a workout.

Get creative and choose your favourite nuts and seeds!



DIY PROTEIN BARS

Choose your own adventure!

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)
- ¾ cup agave syrup or honey

Dry Ingredients

- 3 cups large flake oats
- ½ cup unsweetened flaked coconut
- ¼ cup hemp or chia seeds
- ½ cup sunflower seeds
- ½ cup dried fruit (raisins, cranberries, etc.)
- ⅓ cup wheat germ
- ¼ cup sesame seeds
- ⅓ cup ground flax seeds
- ¼ cup unsalted, shelled pumpkin seeds
- 1 cup chopped almonds
- 4 scoops protein powder (chocolate or vanilla)



Directions

1. Mix wet ingredients and warm in the microwave for about 1 minute or blend in a saucepan over low heat.
2. In a separate bowl, combine all dry ingredients.
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 the oven to 350F.
5. Grease an 11x13 baking sheet or, for thicker bars, use a 9x13 baking pan. Press mixture into the pan. A rolling pin is helpful!
6. Bake for 15 minutes or until the edges are golden brown. It will still look a little wet in the middle when done.
7. When cooled and set, cut into 2 ½" bars. Store any uneaten portions in an airtight container or wrap tightly in plastic wrap.

delicious.