

Chocolate Peanut Butter Protein Bars

Ingredients

- 1 cup rolled oats
- ½ cup quick oats
- 3 scoops Muscle Protein chocolate whey protein powder
- ½ cup brown rice crisps cereal
- ¼ cup honey
- ⅓ cup peanut butter
- 1 teaspoon vanilla extract
- 1-2 tablespoon chocolate chips

Time Required

Prep: 15 minutes

Cook: 30 minutes

Tools Required

Food processor / blender

Microwave

Notes

Nil



Instructions

1. Place a 9"x5" loaf pan with baking paper or lightly grease with cooking spray.
2. Place rolled oats in food processor and pulse oats until oats are a flour consistency.
3. In a medium bowl, mix processed rolled oats with quick oats, protein powder and cereal.
4. In a medium pan over medium heat, stir honey and peanut butter until melted and combined. Remove from heat and stir in vanilla extract. Pour peanut butter mixture over oats. Mix well.
5. Using hands, press mixture into prepared loaf pan.
6. In microwave, melt chocolate chips for 1 minute, and then 30-second intervals stirring in between, until fully melted. Use a fork to drizzle chocolate over bars.
7. Let cool in refrigerator for 30 minutes before slicing into 12 bars.