

# Sweet-n-Salty Nut Bars



- (½ cup) Crushed almonds
- (½ cup) Crushed walnuts
- (1½ cups) LynFit Vanilla Creme Complete Whey Protein Powder
- (1½ cups) VitaFiber Prebiotic Fiber Syrup
- (½ cup) Coconut oil
- (1½ cups) LynFit Pure Vanilla Egg White Protein Powder

**These high-protein bars will kill your cravings and nourish your body with exactly what it needs to keep your metabolism running at optimum speed, so you continue to lose weight and melt fat while enjoying delicious foods that satisfy. Low-fat, Low-carb, virtually zero sugar, gluten and soy-free... this is a snack you should never miss!**

## NUTRITIONAL INFO

Calories: 91.3  
Carbs: 6.5 grams  
Protein: 7.8 metabolic boosting grams

Fat: 4.4 grams  
Fiber: 2.6 grams

Servings: 12 per recipe

## **Directions:**

- Mix together the LynFit Vanilla Creme Complete Whey Protein Powder, Vanilla LynFit Egg White Protein Powder, VitaFiber Prebiotic Syrup, and coconut oil together until it forms a dough ball. \*Add a dash of water or VitaFiber syrup if you feel it's too dry to mix.
- Press dough into an 8x8 or 9x9 glass dish sprayed with a light layer of cooking spray (coconut oil tastes best)
- Place in fridge for 30 minutes or until firm enough to cut into 12 bars.
- While dough is cooling, crush walnuts and almonds to desired consistency and sprinkle on top of mixture and press down to hold nuts on so they don't fall all over when you eat.
- Makes (12) 3½x1½ protein bars

The bars can be enjoyed at room temperature but best kept in the refrigerator with parchment paper between layers. The bars should last for up to two weeks refrigerated and three months frozen.

I love to cut these into smaller squares so I can have more bites and also to place the dough in shot glasses for easy single servings when I'm entertaining.