

CREATION NATION

How to make Protein Bar Jars



ADD 1/2 cup of Creation Nation Protein Bar Mix to your favorite mason jar or shaker cup.



ADD Yogurt or Milk (plant-based or dairy) & mix it up



TOP WITH HEALTHY FATS OR FRUIT:

Almond Butter
Bananas
Berries
Cashew Butter
Coconut Butter
Dried Fruits



SPOON ME LIKE COOKIE DOUGH!
(or take me to go with a lid)