

How to make Protein Bar Jars



ADD 1/4 to 1/2 cup of any Creation Nation, Protein Bar Mix to your favorite mason jar or shaker cup.



ADD Yogurt or Milk (plant-based or dairy)



TOP WITH HEALTHY FATS AND/OR FRUIT:

Almond Butter
Cashew Butter
Sunflower Butter
Peanut Butter
Grass Fed Butter
Ghee
Coconut Butter
Pecan Butter
Bananas
Berries
Tropical Fruits



SPOON ME! ENJOY.
(or take me to go with a lid)