



VANILLA CASHEW BUTTER COLLAGEN PROTEIN BARS

INGREDIENTS

- 12oz cashew butter (no added sugar)
- ½ cup raw cashew pieces
- ¼ cup Sweet Like Sugar™, powdered*
- ½ cup Ketologie Vanilla Keto Shake powder (2 scoops)
- ¼ cup melted coconut oil

INSTRUCTIONS

Using a food processor or strong blender, pulse the cashew pieces until they are in small chopped pieces, then set aside. Put the cashew butter, coconut oil, powdered Sweet Like Sugar™ and Vanilla Keto Shake mix into the food processor and blend until well combined - it should become slightly warm and pourable. Pour or scrape out the cashew butter mixture into the chopped cashews and stir through with a spoon to combine. Pour or spoon the mixture into a parchment lined 8 x 8in cake tin. Place in freezer for 2 hours to set, then transfer to fridge for storage***. Once the mixture has set and is being stored at fridge temperature, they'll be easy to slice into either protein bar size, or little squares as a sweet treat!

***Just like the similar "Bulletproof" nutrition bars, these end up being a bit melty if left at room temperature; but if you keep them in the fridge they are perfect!

Nutrition Facts	
Servings 14.0	
Amount Per Serving	
calories 219	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 68 mg	3 %
Potassium 175 mg	5 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	11 %
Sugars 2 g	
Protein 7 g	14 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	7 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	