
CRUSH IT! Café: Protein Scotcharoos

A protein recipe makeover of a popular dessert scotcharoos are a favorite of many. This recipe is packed with peanut butter for all you peanut butter lovers out there. The original version has a lot of sugar, but our reformulated mass gainer GROW has the perfect sweet flavor already. You'll want to make a double batch of these!

Recipe:

4 T. (64g) peanut butter

½ cup corn syrup

1 T. butter

1 T. sugar

3 scoops (156.7g) Core GROW Peanut Butter Pie

1 cup (80g) quick oats

1 cup (26.4g) rice krispies cereal

½ cup milk chocolate chips

1 T. (16g) peanut butter

Directions:

Melt peanut butter, corn syrup, butter and sugar in small sauce pan over medium heat until just bubbling. In a bowl, mix GROW protein, quick oats and cereal. Add melted peanut butter mixture and stir to combine. Spray an 8x8 baking dish with non-stick cooking spray. Press mixture in



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bottom of pan. In a microwave safe bowl, melt chocolate and 1 T. peanut butter. Spread over bars and let set until chocolate is firm.

Macros

Serving Size: 1 bar

Servings: 9

278 calories

10g Fat

40g Carbohydrates

7g Protein



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