



Chocolate Peanut Butter Protein Bars

8 servings

40 minutes

Ingredients

1 cup All Natural Peanut Butter
 2/3 cup Vanilla Protein Powder
 1 1/3 tbsps Coconut Flour
 99 grams Dark Chocolate
 1/2 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Calories	300
Fat	22g
Carbs	14g
Fiber	4g
Sugar	6g
Protein	15g
Cholesterol	2mg
Sodium	171mg
Vitamin A	5IU
Vitamin C	0mg
Calcium	63mg
Iron	2mg
Selenium	4µg

Directions

- 1 Line a baking dish or rectangular container with parchment paper.
- 2 In a small bowl, mix the peanut butter, protein powder, and coconut flour together until smooth.
- 3 Spread the mixture into the prepared baking dish or container. Press it down with a silicone spatula or your hands.
- 4 Add the chocolate to a bowl and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Pour the chocolate over top and gently spread with a spoon or spatula to all corners. Top with flaky sea salt. Refrigerate for one hour or until the chocolate has hardened and the peanut butter bar has set.
- 6 Cut into squares and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to one month.

Serving Size: One serving is one bar. A 7 1/2-inch by 6-inch dish (19 cm by 15 cm) was used to make eight bars.

More Flavor: Add maple syrup, honey, or coconut sugar.

Additional Toppings: Chopped nuts, seeds, cacao nibs and/or hemp seeds.

On The Go: These bars are best chilled but will last for 30 minutes out of the fridge before getting too soft.