

HFN Peanut Butter Protein Bar Recipe



Nutrition Facts

Amount Per Protein Bar

Calories	157 kcal
Protein	13g
Carbohydrate	9.1g
Fat	7.2g
Dietary Fiber	3g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 4 Protein Bars:

- 50g Oatmeal
- 40g Peanut Butter
- 40g Whey Protein (White Chocolate)
- 50ml Almond milk (unsweetened)
- 5g Shredded coconut
- 10ml Water

Preparation of the Peanut Butter Protein Bars:

Put oatmeal, peanut butter, whey protein, almond milk and water into a bowl. Mix it with a spoon. Spread the mass with a height of about 1cm on a plate and dredge it with shredded coconut. Put the plate into the freezer for about 1.5 hours. Finally cut the mass into 4 bars. One selfmade protein bar provides you with 157 calories, thereof 13g of protein.

Enjoy this peanut butter protein bars and stay fit! If you need your personalized Meal Plan, you can get it [here!](#)

Check out our [Calorie Calculator](#) if you want to know your needed calorie intake to gain muscle.



Tip: Keep these protein bars in the fridge for a maximum of 2-3 days!