Homemade Protein Bars Recipe (Extreme Chocolate)

Nutrition Facts

Amount Per Protein Bar

Calories	333 kcal
Protein	17.9g
Carbohydrate	30.3g
Fat	15g
Dietary Fiber	7.8g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 5 Homemade Protein Bars (Extreme Chocolate):

- 150g Instant Oats
- 80g Whey Protein (Chocolate)
- 40g Ground Hazelnuts
- 40g Dried Plums
- 30g Cocoa (unsweetened)
- 20g Shredded Coconut
- 20g Cocoa Nibs
- 15g Chia Seeds
- 60ml Water
- 50ml Walden Farms Caramel Syrup (calorie free)
- 1 Pinch of Salt
- Cinnamon
- Vanilla

Preparation of the Extreme Chocolate Protein Bars:

Put Instant Oats, Whey Protein, cocoa, cinnamon and vanilla into a bowl and mix it. Add hazeluts, chia seeds, water and Walden Farms Caramel Syrup and mix it again.

Put the paste into the blender, add dried plums and blend it for 30 seconds. Afterwards put it into the bowl again and add the cocoa nibs. Roll out the dough on a plate and shape it to a square. (about 5mm high) Put the plate into the freezer for about 45 minutes (until it´s hard).

Finally cut 5 big Chocolate Protein Bars. One Protein Bar contains 18g of protein and 30g of good carbs. Keep the bars in the fridge (max. 2-3 days). Enjoy the delicious Protein Bars and stay fit!