

Questbar Recipe Series: Protein Snack Recipe



Nutrition Facts

Amount Per Snack

Calories	60 kcal
Protein	6g
Carbohydrate	1g
Fat	2.2g
Dietary Fiber	3.3g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 6 Protein Snacks:

- 1 [QuestBar Chocolate Peanut Butter](#)
- 10g Shredded coconut
- 2 drops FlavDrops Toffee
- 2 drops FlavDrops Vanilla
- 15g Whey Protein Vanilla
- 10g Peanut Butter
- 20ml Water

Preparation of the Protein Snacks:

Preaheat the oven to 170° Celsius for 10 minutes.

Bake the QuestBar for 2-3 minutes (170° Celsius), let it cool down for a bit and cut it into 12 pieces.

Roll the pieces into 12 balls and flatten them. Bake the 12 slices for another 2-3 minutes. Mix all the other ingredients in a bowl.

Spread 6 QuestBar slices with the cream and cover them with another slice. Put the 6 Protein Snacks into the freezer for about 20 minutes.

Enjoy it and stay fit!

Do you already know our [Calorie Calculator](#)?