

**Recipe for Homemade Protein Bars Prep Time:** 10 minutes **Cook Time:** 30 minutes **Total Time:** 40 minutes

**Ingredients:**

- \*3 cups organic raw oats
- \*1/2 cup whole sesame seeds, sunflower seeds, or pumpkin seeds ( can omit if desired)
- \*1/2 cup unsweetened organic shredded coconut
- \*1 teaspoon ground cinnamon
- \*1 teaspoon sea salt
- \*1/4 cup organic brown sugar
- \*1 cup Greek yogurt, preferably organic (I use plain; vanilla would make the bars a little sweeter)
- \*1/4 cup + 2 tablespoons pure maple syrup or honey, preferably local/raw
- \*1 cup organic peanut butter (or use almond butter or the nut/seed butter of your choice)
- \*1 teaspoon organic vanilla extract
- \*1/4 cup organic coconut oil, liquified if solid (coconut oil will be solid at room temperature in cooler weather)
- \*2 eggs
- \*1/2 cup chopped organic dark chocolate or chocolate chips (70% dark (or more) is the healthiest; use fair-trade chocolate, possible)
- \*1/2 cup chopped seeds or nuts or a combination ex. sunflower, pumpkin, or sesame seeds or almonds, walnuts or pecans (or use additional peanut or other nut butter)
- \*1/2 cup chopped dates, raisins, figs or other dried fruit--optional (if you want the bars sweeter but you don't want to add more sweetener; I don't typically add these)
- \*up to 1 cup vanilla or chocolate whey protein powder--optional (go with 1 cup if you want the bars to have significant protein content; use 1/2 cup or omit if you dislike the taste or the idea of protein powders; I am not a big protein powder fan, but [Garden of Life Raw Protein](#) is the one I like for this purpose)

**Directions:**

1. Preheat oven to 350°F. Grease a 9x13 inch baking dish with a little coconut oil or organic butter.
2. Combine dry ingredients (oats through brown sugar) in a large bowl.
3. In a separate bowl, combine the wet ingredients (Greek yogurt through coconut oil).
4. Mix the wet ingredients into the dry ingredients until thoroughly combined, and then mix in the chocolate.
5. Taste a little of the homemade protein bar mixture. Is it tasty? You can add more peanut butter or the optional nuts at this point if you like. Is it sweet enough? If not, you can add some additional sweetener or some of the optional dried fruit. Now is also the time to add in the protein powder if you are going to use it. Mix well using very clean hands (warning--it will be sticky!)
6. Spread the mixture into your prepared dish and bake for 15 minutes. Take the pan out of the oven, let them cool a little, and then slice the bars as you desire. Your homemade protein bars can be sliced into squares, or into the more typical bar shape you would purchase, if you prefer. Spread the bars out onto a cookie sheet and bake for 15-25 minutes more. Allow to cool, and

then wrap and store in the refrigerator.

9.5 grams of protein, 18 grams of carbohydrate and 200 calories per bar, with 32 bars.

### **Peanut Butter Protein Bars**

#### **Ingredients**

2 cups creamy peanut butter

1 and 1/4 cup honey

2 and 1/4 cups protein powder

3 cups instant oatmeal

#### **Directions**

microwave honey and peanut butter for about a minute. Mix oatmeal and protein powder in another bowl. Fold peanut butter mixture into oatmeal mixture until well blended (mix will be crumbly). Pour mixture into a lightly panned 9x13 pan and pack mix down. chill for an hour and cut into 28 bars. One serving is one bar. These freeze well!

Number of Servings: 28

#### **Nutritional Info**

- Servings Per Recipe: 28
- Amount Per Serving
- Calories: 225.9
- Total Fat: 10.7 g
- Cholesterol: 12.9 mg
- Sodium: 128.4 mg
- Total Carbs: 23.1 g
- Dietary Fiber: 2.0 g
- Protein: 12.5 g

### **Pumpkin Cake Protein Bar**

Minutes to Prepare: 7

Minutes to Cook: 25

Number of Servings: 16

### Ingredients

1 cup oatmeal flour (grind old fashioned oats in blender)  
2 tsp cinnamon  
1/2 tsp baking soda  
1/4 tsp sea salt  
1/8 tsp ground nutmeg  
1/8 tsp allspice  
3 eggs  
1/3c brown sugar  
2 Tbsp honey or agave  
1 cup of pure pumpkin  
1/2 cup fat free Greek Yogurt- vanilla  
2 scoops vanilla whey protein powder

### Directions

Preheat oven to 350 degrees. Spray an 8 x 8 pan with non-stick spray.

In a large bowl, combine flour, cinnamon, baking soda, salt, protein powder & nutmeg. In a medium bowl, mix egg whites, stevia, yogurt & pumpkin until well combined. Add wet ingredients to the flour mixture & mix well.

Pour batter into baking dish and spread evenly. Bake 25 - 30 minutes or until a toothpick comes out clean. Allow to cool and cut into 16 pieces - 4 x 4.

Number of Servings: 16

### 15 Minute+5 Ingredient High Protein Cookies Recipe

#### Ingredients

- 2 medium ripe bananas, mashed
- 2 scoops (60g) whey protein powder, vanilla/chocolate/unflavored
- 1 cup quick oats
- 2 tbsp natural peanut butter, softened
- 2 tbsp chocolate chips, mini
- Can add 1/4c reduced sugar raisins if desired.

#### Directions

- Preheat oven to 350 degrees.

- Combine all ingredients together adding chocolate chips the last. The batter consistency depends on how ripe are your bananas. It's OK if it's runny.
- Spoon mixture onto a baking sheet lined with parchment paper. Bake for 12 minutes. Cool for 5 minutes on the cooling rack.
- Store in the fridge for up to a couple of weeks or freeze in an air tight container for up to a month. The best way to defrost them is in a microwave. That way the moisture and softness is restored.

2.6

#### Nutritional Info

Servings Per Recipe: 12 cookies

*Amount Per Serving = 1 Cookie:*

Calories: 88.9 Fat: 2.7

Total carbs: 11.2 Dietary fiber: 1.5

Protein: 6.2 Sugars 3.8 Sodium: 48.1 mg

Banana walnut chocolate chip protein bars

Portion Size: 6 Bars

Recipe Makes: 6 Serving(s)

#### Instructions

1 Cup	Bananas, raw, mashed
2 Tablespoons	Low fat milk
2 Tablespoons	Peanut butter, natural
2/3 Cup	UNJURY Vanilla (scoop or packet)
1/3 Cup	Oats, regular and quick and instant, not fortified, dry
1/3c	Mini chocolate chips
1/3c	Crushed walnuts

Directions:

Preheat oven to 325 degrees.

Mash bananas in small bowl.

Stir in 2 tablespoons peanut butter until smooth. Set aside.

In separate bowl, measure 2 scoops of Vanilla UNJURY and 1/3 cup oats. Stir with fork.

Mix dry ingredients (UNJURY and oats) into banana and peanut butter mixture.

Add milk and stir until well combined.

Coat 8x8 baking dish with non-stick cooking spray.

Pour batter into 8x8 baking dish.

Bake at 325 degrees for 25 minutes

Allow to cool. Store bars in an air-tight container, or plastic wrap.

Note: refrigerating will not affect taste, but will change appearance and cause bananas to darken.

Per serving: Calories 140, Carbohydrates 20g, Sugars 10g, Protein 9g

Recipe

