



Peanut Butter Protein Bars

(Directly from Dave Ruel's Anabolic Cooking)

Makes 10 Bars

Ingredients

- 8 scoops chocolate Protein Powder
- 1 cup Oatmeal
- 1/2 cup Natural Peanut Butter
- 4 Tbsp Honey
- 3 Tbsp Pure Cocoa Powder
- 3 Tbsp crushed Almonds

Directions

1. Mix together the protein powder, oatmeal, peanut butter, honey and cocoa powder.
2. If necessary, add a small amount of liquid for consistency—almond milk, milk, or water.
3. Form into 10 bars and then roll in the crushed almonds to finish.
4. Place in the fridge for about 30 minutes.

Nutritional Facts

(Per Serving)

- Calories: 253
- Protein: 25g
- Carbohydrates: 18g
- Fat: 9g