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Homemade Protein Bars

Ingredients:

1 cup natural peanut butter
8 tbsp honey
1-1/4 cup MET-Rx UltraMyosyn Chocolate Whey
1 cup Oats
Raisins or nuts (optional)

Directions:

1. Mix the natural peanut butter and honey in a bowl, then microwave on high for 80 seconds.
2. Mix the rest of the ingredients into a bowl. Spread into a 9x13 pan and let stand for about 20 minutes.
3. Cut into 10 even pieces, wrap separately, and store in refrigerator.