Courtesy of Anna Sward @Proteinpow.com

The Incredible Red Velvet Pumpkin Seed Protein Bars

Ingredients:
2 small cooked beets
1/2 cup of vanilla whey
1/4 cup of coconut flour
1/4 cup of milk (I used cartoned coconut but any will do)
1 tbsp organic pumpkin seed butter (or peanut or almond butter)

Making a protein bar at home could honesty not be any easier. In five easy steps, anyone can master it!

Directions:

1. Select your protein powder and add a 'flour' to it (you want to select a 'flour' that can be eaten raw so, coconut flour, almond flour, or a grain-based flour like oat flour or quinoa flour).
2. Bind the powder + flour with milk (you can use cow's milk or carton coconut milk or a tasty nut milk like almond milk) and, if you want, with nut butter too. You want to add enough liquid (and nut butter if you like) to make the batter come together – like dough. The end goal here is to end up with a batter that you can roll and subsequently into bars using your hands.
3. Shape the batter above into different bars.
4. Melt some chocolate (always in a bain marie, i.e. a glass bowl on top of a pot of boiling water) and, when melted, dunk the bars in there to cover them. You can also pour the chocolate on top of the bars if you don't want to dunk them or using a combination of dunking and pouring chocolate on top!
5. Place the bars in the freezer for at least 30 minutes and BOOM: ready to pack up to take with you or eat on the spot!