



Protein Almond Bark

Ingredients

- MuscleTech Lab Series 100% Whey Advanced protein 1 scoop
- Extra-virgin coconut oil 3 tbsp
- Crushed almonds 1/3 cup
- Almond butter 1 tbsp
- Unsweetened shredded coconut 1/4 cup



Directions

1. Melt coconut oil and mix with protein powder.
2. Pour mixture on parchment paper and spread.
3. Top with almond butter, crushed almonds, and coconut.
4. Refrigerate 2-3 hours.
5. Remove and break apart.

Nutrition Facts

Serving size: 1 portion

Recipe yields 3 servings

Calories 245

Fat 19.7 g

Carbs 7 g

Protein 13.3 g