



Peanut Butter Protein Bars

To prepare them, combine:

- 1 cup of natural peanut butter along with any finer cereal (rice crispies, puffed wheat, corn flakes or [raw oats](#))
- 1 scoop of [protein powder](#)
- Enough [honey](#) or [maple syrup](#) to get it to stick together so you're easily able to form bars.

Once mixed, press into a pan and then place in the fridge for 30 minutes to an hour until set.

Cut into snack-sized bars and wrap in tin foil or saran wrap to store.