



Low Carb Protein Bar

Ingredients:

½ cup Pecans
½ cup Walnuts
1/3 cup Flax Meal
1/3 cup Nut Butter
4-6 Eggs
Pinch of Salt
1/3 cup Sugar-free Syrup
6 scoops Protein Powder

Directions:

Mix everything.
Put on an PAM-ed baking tray and flatter.
Bake for 15-20 minutes at 175 Celcius.