



Courtesy of Anna Sward @ Proteinpow.com

### **ORANGE AND GOJI BERRY WHEY PROTEIN BARS**

(Makes five small bars)

**Ingredients** - mixed together, shaped into bars, and then coated in 40 grams of melted 85% dark chocolate (melted in a *bain marie* - a glass bowl on top of a pot of boiling water):

1/2 cup of organic unflavoured or vanilla whey protein powder  
3/4 cup of ground almonds  
1/4 cup of coconut flour  
3/4 cup of goji berries  
1/4 cup of coconut milk (from the carton NOT the can!)  
1 tbsp of vanilla essence  
1 tbsp of grated orange rind (optional but highly recommended!)  
1 tsp of chilli powder (optional but highly recommended – it gives the bars a really nice kick!)

**Macros** per bar: 256.8kcal, 13.5g protein, 12.5g carbs (7.6g sugars), 16.5g fat (4.3g sat), and 6g fiber!

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

**Step one:** 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)

**Step two:** 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\*

**Step three:** Shape the batter above into different bars\*

**Step four:** 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!

**Step five:** 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!