

CHOCOLATE FUDGE DIY PROTEIN BARS

These Chocolate Fudge Protein Bars are fudgy, gluten free, and vegan, and they don't require any baking whatsoever!



128g (½ cup)	Roasted Almond Butter or Natural Peanut Butter
1 cup + 2 tablespoons	Unsweetened Vanilla Almond Milk (or milk/nondairy milk of choice)
1 teaspoon	Vanilla Crème-Flavored Liquid Stevia Extract
168g (1¼ cups, lightly packed)	Chocolate Brown Rice Protein Powder**
80g (⅔ cup)	Oat Flour
2 tablespoons	Unsweetened Natural Cocoa Powder
⅛ teaspoon	Salt
2 tablespoons	Mini Semi-Sweet Chocolate Chips

- ① Line an 8x8" brownie pan with parchment paper. Set aside.
- ② In an electric stand mixer bowl fitted with a beater attachment, add all of the ingredients except the mini chocolate chips. Mix on low speed until everything is fully incorporated. Scrape down the sides of the bowl. Mix on medium speed for one last mix. Mixture should be thick and fudgy, like cookie dough.
- ③ Scoop the mixture into the brownie pan and flatten it out. Sprinkle the mini chocolate chips on top and press them into the surface. Tightly cover the pan with plastic wrap and refrigerate overnight.
- ④ Lift the mixture out of the pan. Slice into 10 bars. Individually wrap the protein bars in plastic sandwich baggies. Keeps in the refrigerator for ~1 week, or in the freezer for up to 3 months.

Yields: 10 Protein Bars

**The only rice protein powder I use is Sunwarrior (every other brand I've tried yields a gritty texture). Whey, casein, and egg protein do not substitute the rice protein.

Nutrition Facts	
Serving Size 1 Chocolate Protein Bar (68g)	
Amount Per Serving	
Calories 190	Calories from Fat 80
%Daily Value*	
Total Fat 8g	13%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	17%
Sugars 2g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 20%

This recipe comes from the DIY Protein Bars Cookbook – a collection of 48 easy, healthy, homemade, no-bake treats that taste like dessert, but just happen to be packed with protein! Perfect as a birthday present or surprise gift for the fitness buff in your life... but it's totally great as a little treat for yourself too.