

CHOCOLATE PROTEIN BARS

MAKES 10 PROTEIN BARS

These protein bars are fudgy, gluten free, and vegan, and they don't require any baking whatsoever!



- 128g (½ cup) **Roasted Almond Butter** (Natural Peanut Butter works great too!)
- 1 cup + 2 tablespoons **Unsweetened Vanilla Almond Milk**
- 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**
- ½ teaspoon **Salt**
- ¼ cup **No-Sugar-Added Chocolate Chips** (or 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. Mix on low speed until everything is fully incorporated.
3. Scrape down the sides of the bowl. Mix on medium speed for one last mix. Mixture should be thick and fudgy, like cookie dough.
4. Scoop the mixture into the brownie pan and flatten it out. Tightly cover the pan with plastic wrap and refrigerate overnight.
5. Lift the mixture out of the pan. Slice into 10 bars. Individually wrap the protein bars in plastic sandwich baggies. Store in the refrigerator for up to 1 week or stash them in the freezer.

NUTRITION FACTS	Amount Per Serving		%Daily Value*	
	Service Size 1 bar Servings Per Recipe 10 Calories 190 Calories from Fat 80	Total Fat 8.5g	Total Carbohydrate 12g	
Saturated Fat 1.5g		Dietary Fiber 5g		
Trans Fat 0g		Sugars <1g		
Cholesterol 0mg		Protein 17g		
Sodium 85mg				
Vitamin A 0%		Vitamin C 0%	Calcium 15%	Iron 20%
*Percent Daily Value are based on a 2,000 calorie diet.				

***The only protein powder I use is Sunwarrior (other brands yield a gritty texture). Whey, casein, egg, and pea protein powders do not substitute the brown rice protein powder.*