

PALEO PROTEIN BARS

Recipe adapted from thebigmansworld.com

- Can be stored in the refrigerator in an airtight container for up to 7 days and if wrapped in plastic wrap and frozen can be stored for up to 3 months. If freezing protein bars, make sure to allow them to come to room temperature before eating.

INGREDIENTS:

- 1 cup sifted coconut flour
- 2 cups plant-based protein powder
- ½ cup unsweetened almond or coconut milk
- ½ cup almond butter, can use sunflower seed butter if allergic/sensitive to nuts
- 1 cup dairy free dark chocolate chips

INSTRUCTIONS:

- Line an 8x8 inch baking pan with parchment paper and grease with coconut oil.
- In a large bowl mix together the coconut flour, protein powder and nut/seed butter.
- Add non-dairy milk until protein batter forms.
- Transfer protein batter to the 8x8 pan and press firmly into the pan.
- Top with non-dairy chocolate chips and refrigerate for at least 30 minutes.
- Slice into bars and enjoy!