



RECIPES

No Bake Almond Fudge Protein Bars

INGREDIENTS:

- 1 cup oat flour (or regular oats ground up in a blender)
- ½ cup quick oats
- 1/3 cup vanilla protein powder (I used whey)
- ½ cup crispy rice cereal
- ½ cup almond butter (or peanut butter)
- 1/3 cup honey
- 1 tsp. vanilla extract
- Optional: 2-3 Tbsp. chocolate chips for melting

INSTRUCTIONS:

1. Prepare a 9x5 loaf pan by spraying it with cooking spray. Set aside.
2. If making your own oat flour, place rolled oats into a blender or food process and process until they turn into a fine powder.
3. In a medium-sized mixing bowl, combine oat flour, quick oats, protein powder, and crispy rice cereal. Mix until well combined and set aside.
4. In a small pan over medium heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in vanilla extract.
5. Remove from heat and pour into the dry mixture. Stir until everything is fully combined.
6. Pour into prepared loaf pan. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.
7. Optional: place chocolate into a microwave safe bowl and nuke on high in 20 second intervals, mixing between each. When chocolate is fully melted, drizzle over the top of the packed mix using a spoon.
8. Place pan into fridge and allow to cool for ~30 minutes before cutting into bars.

Makes 12 bars

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