

Nut and Peanut-Free Protein Bars



These protein bars come together quickly with just a few simple ingredients. The banana adds natural sweetness and a soft texture, while Greek yogurt and skim milk powder boost the protein content. Balanced, nourishing, and free of nuts and peanuts, this snack is a true favorite among our dietitians, perfect for lunch boxes or after a workout. For more ideas, take a look at our [Top 10 Best High-protein Snacks](#).

Preparation 10 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 185

Fat 2

Carbohydrates 26

Fibre 5

Protein 16

Sodium 70

Ingredients

- 1 ripe banana
- 80 ml (? cup) egg whites
- 125 ml (½ cup) plain 0% Greek yogurt
- 375 ml (1 ½ cups) quick oats

- 125 ml (½ cup) textured vegetable protein (TVP)
- 125 ml (½ cup) skim milk powder (or protein powder)
- 60 ml (¼ cup) cocoa powder (optional)
- 1 pinch salt

Topping (optional):

- 60 ml (¼ cup) chopped dried dates or dark chocolate chips

Preparation

1. Preheat the oven to 350 °F (180 °C). Line a loaf pan with parchment paper.
2. In a large bowl, mash the banana with a fork.
3. Add the egg whites and the Greek yogurt. Mix until smooth.
4. Stir in the oats, textured vegetable protein, skim milk powder (or protein powder), cocoa powder, and salt. Add the dates or chocolate chips, if desired. Mix well.
5. Transfer the mixture to the loaf pan and spread evenly with a spatula.
6. Bake for 25 minutes, until the mixture is firm to the touch.
7. Let cool completely, then cut into 6 bars.

Notes

Keeps 5 days in the refrigerator or 3 months in the freezer.



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