

Almond Butter and Chocolate Protein Bars



Need a practical protein boost without fuss? These Almond Butter & Chocolate Protein Bars pack over 15 g of protein per serving using simple, recognizable ingredients. You can easily make a batch, store them in the fridge or freezer, and have a ready-to-go snack (or even breakfast) whenever you need it!

Preparation 10 min

Cooking 2 min

Servings 8

Nutrition Facts (per serving)

Calories 250

Fat 13

Carbohydrates 15

Fibre 6

Protein 17

Sodium 165

Ingredients

- 100g (3 ½ oz) unflavoured protein powder of choice
- 90 ml (? cup + 1 tbsp) coconut flour
- 60 ml (¼ cup) ground flax seeds
- 2.5 ml (½ tsp) salt
- 30 ml (2 tbsp) maple syrup or honey

- 125 ml (½ cup) water or milk of choice
- 45g (1 ½ oz) dark chocolate chips (70%)

Preparation

1. In a large bowl, combine all the dry ingredients except chocolate chips.
2. In a medium bowl, melt the almond butter and maple syrup together by microwaving for 30 seconds, stirring.
3. Mix the dry ingredients with the almond butter mixture until fully combined.
4. Add the water to the dough gradually, until a firm dough forms. If too sticky, add more coconut flour to the dough.
5. Press the dough evenly into a 23 × 13 cm (9 × 5 inch) loaf pan and cut into 8 bars. If the dough is too sticky, it is possible to refrigerate it for a few minutes before cutting.
6. Melt the chocolate chips in the microwave, heating and stirring in 30-second increments.
7. Pour the melted chocolate over the cut bars in a zigzag pattern.
8. Refrigerate the bars for at least 15 minutes before serving.

Notes

Store in the refrigerator for 4 to 7 days. Can be frozen for 3 to 4 months.



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