

Chocolate-Cranberry Protein Bars



When it comes to preparing nourishing snacks, I love finding alternatives to store-bought bars. These bars are filling and easy to make, without relying on protein powder for a naturally high protein content. They provide a great energy boost—whether post-workout or as an afternoon treat with coffee. A little indulgence that’s both satisfying and nutritious!

Preparation 10 min

Cooking 0 min

Servings 6

Nutrition Facts (per serving)

Calories 280

Fat 11

Carbohydrates 32

Fibre 6

Protein 13

Sodium 60

Ingredients

Bars:

- 250 ml (1 cup) textured vegetable protein (TVP)
- 125 ml (½ cup) rolled oats

- 80 ml (? cup) natural nut butter (peanut or almond)
- 60 ml (¼ cup) maple syrup
- 60 ml (¼ cup) unsweetened cocoa powder
- 60 ml (¼ cup) water
- 30 ml (2 tbsp) dried cranberries
- 30 ml (2 tbsp) unsweetened coconut flakes
- 5 ml (1 tsp) vanilla extract
- 2 pinches salt

Ganache (optional):

- 45 g (¼ cup) semi-sweet baking chocolate
- 15 ml (1 tbsp) milk or plant-based beverage

Preparation

1. In a food processor, grind the TVP and oats into a fine powder.
2. In a large bowl, mix all the ingredients. Add water as needed to achieve a moldable consistency that is neither too dry nor too sticky.
3. Line a baking dish with parchment paper, press the mixture firmly into the pan to create an even layer, and refrigerate.
4. If using the ganache, melt the chocolate with the milk in the microwave in 15-second intervals, stirring between each. Mix until smooth.
5. Pour the ganache over the bars and smooth the surface. Refrigerate until the chocolate is set.
6. Cut into 6 portions and store in the refrigerator or freezer in an airtight container.

Notes

Keeps for 5 to 7 days in the refrigerator. Freezes well for 3 to 4 months in an airtight container or individually wrapped.



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