



# No Bake Chocolate Protein Bars

## INGREDIENTS

- 1 cup old-fashioned oatmeal
- 2 TBS Chia seeds
- 3 scoops vanilla or chocolate plant-based protein powder (whey will not work as well)
- 2 TBS unsweetened cocoa powder (use only if your protein powder is vanilla)
- ½ cup almond butter
- 2 TBS maple syrup (only if your protein powder is unsweetened)
- 1 TBS vanilla extract
- 1-3 TBS almond milk (only if mixture is very dry)

## DIRECTIONS

Line a loaf pan with parchment paper (unless you want to roll them into balls instead). Set aside. Place oats, chia seeds, protein powder (and cocoa powder if using) in a blender or food processor. Blend until the mixture resembles a powder. Transfer dry mixture into a medium mixing bowl. Add almond butter, maple syrup, and vanilla, stirring until well combined. Add some almond milk if mixture needs moisture. Add mixture to lined loaf pan. Press down firmly using your fingers until it's completely flat and smooth. Freeze for at least 30 minutes before slicing into 9-11 bars. Store in the fridge or freezer. Make 12 bars; each bar is 135 calories.