

Zucchini Bread Recipes

Homemade Protein Bar Recipe

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 2 cups rolled oats
- [ ] 1 cup vanilla protein powder
- [ ] 1/2 cup almond butter
- [ ] 1/4 cup honey
- [ ] 1/4 cup unsweetened almond milk
- [ ] 1 tsp vanilla extract

Add-ins

- [ ] 2 tbsp mini dark chocolate chips
- [ ] 1 tsp lemon zest
- [ ] Pinch of sea salt

Instructions

1. In a small saucepan, gently warm the almond butter and honey over low heat until they melt together, stirring constantly.
2. Remove from heat and stir in vanilla extract and lemon zest; let the mixture cool slightly.
3. In a large bowl, combine rolled oats and protein powder; pour the warm butter-honey mixture over the dry ingredients.
4. Mix thoroughly with a spatula until everything is evenly coated; the dough should feel sticky but manageable.
5. Fold in chocolate chips, sea salt, and any optional nuts; press the mixture firmly into a parchment-lined 8×8-inch pan.
6. Cover and refrigerate for at least 30 minutes, then slice into twelve bars.

Nutrition per serving

210 kcal	12 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a tablespoon of almond milk at a time.
- For extra flavor, toast the oats lightly before mixing.
- Keep the bars chilled until serving for best texture.