



Graeme Thomas Online

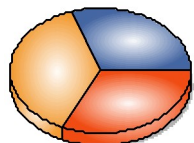
Because "Good Enough", Isn't!

<http://graemethomasonline.com>

No Bake Oat and Peanut Butter Protein Bar

Recipe grams: 681.50g/24.0oz

Serves 10 68.15g/2.4oz per serving



Protein: 30%
 Carbohydrates: 38%
 Fat: 32%

INGREDIENTS

- 2 cup OATMEAL, DRY, reg & quick & instant, not fortified
- 5 tbsp PEANUT BUTTER, LESS SALT
- 6 scoop Protein powder
- 1/2 cup CRANBERRY, SWEETENED, RAW
- 1/2 cup COCONUT MEAT, DESICCATED, SWEETENED, shredded
- 1/2 cup Almond Milk
- 2 tbsp BAKING CHOCOLATE, SEMISWEET, M&M Mars, Mini Baking Bits

DIRECTIONS

In a large bowl, combine oats, protein powder, coconut, cranberries. Add peanut butter and stir till peanut butter is coated. Slowly add ~1/2 cup almond milk, stirring throughout (add just enough liquid to the mix forms a batter-like consistency).

Add chocolate chips if desired.

Line an 8x8 pan with wax paper, add mixture to pan. Cover mixture with another layer of wax paper and press down till the mixture is pressed flat.

Refrigerate 30-60 minutes, then cut into bars. Wrap any unused bars in saran wrap and store in the fridge.

Makes ~10 servings.

Nutrition Facts	
Serving Size: 1 serving (68.2g)	
Servings: 1	
Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 9g	15%
Saturated Fat 3.5g	15%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 40mg	15%
Sodium 70mg	2%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 19g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	