No Bake Protein Bars

Ingredients

- 1 large, ripe, mashed banana
- ¼ cup coconut oil (melted)
- ¼ cup almond butter
- 2 tbsp 2% milk (or non-dairy milk)
- 2 cups of granola
- 4 scoops of vanilla whey protein powder (approved for sport)

Making It

1. In a large bowl, mix the banana, coconut oil, almond butter, and milk together until combined.
2. Add the protein powder and granola and mix until combined.
3. Line an 8×8 inch pan with parchment paper or aluminum foil.
4. Press the mixture firmly into the pan, and place in fridge for 2-4 hrs.
5. When the bars are firm cut into 2x3 inch rectangles with a sharp knife.
6. Wrap them individually to take on the go.

NUTRITION FACTS

Servings: 10

PER SERVING
Calories (kcal): 216
Fat (g): 10.2
Carbohydrate (g): 20
Protein (g): 13
Fibre (g): 2.5

TIPS & HINTS

For additional sweetness, add dark chocolate chips or raisins.