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One bite of any protein bar in this cookbook and you'll be screaming, DIY Protein Bars is a collection of 48 easy, healthy, homemade, no-bake treats that taste like dessert, but just happen to be packed with protein! And there are options for everyone.

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DIY Protein Bars: 30 Easy Homemade - Protein Bar Recipes

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Instructions: Place all ingredients except the cereal in a food processor and blend to desired consistency. Move mixture to a bowl and... Form 1-ounce balls and store in refrigerator or freezer in wax paper.

Homemade Protein Bars: 7 Protein Bar Recipes From an RD

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11 Healthy Protein Bar Recipes to Announce the DIY Protein Bars Cookbook! 1. Chocolate Fudge Protein Bars. These are literally like brownies "fudgy, sweet, chocolatey" except they don't... 2. Peanut Butter Protein Bars. These Peanut Butter DIY Protein Bars are packed with peanut butter flavor, ...

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Line a 9x11-inch baking pan with parchment paper, leaving a 2-inch overhang on two sides. Step 2 Place peanut butter, protein powder, and honey in a large bowl; mix with a wooden spoon to combine. Add goji berries, flax seeds, and oats, stirring well to combine.

Homemade Protein Bars Recipe | Allrecipes

The DIY Protein Bars Cookbook is a collection of 48 healthy no-bake protein bars recipes to satisfy your sweet tooth! They're so tasty and good for you, you'll never go back to the store-bought stuff again.

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128g (½ cup) Roasted Almond Butter or Natural Peanut Butter. 1 cup 2 tbs Unsweetened Vanilla Almond Milk (or milk/nondairy milk of choice) 1 tsp Vanilla Crème-Flavored Stevia Extract. 168g (1¼ cups, lightly packed) Chocolate Brown Rice Protein Powder \*\*. 80g (⅓ cup) Oat Flour.

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