

# Low-Carb Protein Bars



Serves 20

Ingredients:

- 5 packs (105 grams) 100% natural whey (such as BiPro)
- 1 1/2 scoops (30 grams) plant-based protein powder\*
- 1 1/2 teaspoons ground cinnamon
- 1 tablespoon ground flaxseed
- 1 tablespoon chia seeds
- 1 cup almond butter (or nut/seed butter of choice)
- 1 cup non-fat plain Greek yogurt
- 1 tablespoon vanilla extract

1 tablespoon coconut oil, melted (as needed)  
1 cup (~178 g) 70% cacao bittersweet chocolate chips  
1/4 cup coconut flakes (optional)

#### Instructions:

1. Mix whey, plant-based protein (if using), cinnamon, flax, and chia seeds. Add almond butter and vanilla extract.
2. Add yogurt slowly, just enough to moisten. The amount may vary depending on the nut/seed butter of choice and the amount of oil in the butter.
3. Add coconut oil as needed. The mixture should be dough-like in texture and consistency.
4. Once it is mixed, place dough on a parchment- or wax paper-lined cookie sheet. Roll out to desired thickness (approximately 1/4 to 1/2 inch thick). Chill the rolled out (but not yet cut) dough in the refrigerator or freezer until hard, about 1 hour.
5. When the dough has hardened, melt chocolate chips in double boiler or microwave in 30-second increments. The amount needed will vary depending on if a chocolate drizzle or coating is desired. 1 cup will be enough for coating.
6. While chocolate is melting, remove dough from refrigerator or freezer, and cut into bars. When the chocolate is melted, dip your bars in the chocolate to coat or drizzle on top. While the chocolate is still wet, sprinkle coconut flakes on top (if using).
7. Place bars back in refrigerator or freezer until hard. Store them in an air-tight container for up to 2 weeks.

#### Note:

\*Plant-based protein powder is optional; you may substitute an equivalent amount of additional whey protein instead.

Nutrition per serving: Calories 215; Total Fat 15.3 g; Saturated Fat 3.3 g; Monounsaturated Fat 5.3 g; Polyunsaturated Fat: 2.3 g; Total Carbohydrates 10.7 g; Dietary Fiber 2.1 g; Sugar Alcohols 0.0 g; Sugars 6.2 g; Protein 10.1 g; Sodium 78 mg