

# A Gut Feeling German Chocolate Protein Bars

## INGREDIENTS

- 1 cup oats
- ½ cup vegan protein powder
- ¼ cup cocoa powder
- 1 cup unsweetened dates pitted and soaked for 30 minutes
- ½ cup + ¼ cup chopped pecans divided
- ½ cup + ¼ cup shredded coconut divided
- 1 tsp vanilla extract
- ½ tsp salt
- Water as needed up to ¼ cup
- 2 tbsp cacao nibs or chocolate chips

## INSTRUCTIONS

1. In a food processor grind up the oats until they are a fine flour. Add protein and cocoa powders and blend again until well combined.
2. Drain and rinse the dates then add them to the food processor along with ½ cup of pecans, ½ cup of shredded coconut, vanilla, and salt. Blend again, adding a little water at a time, until a dough forms.
3. Transfer dough to a bowl, stir in the remaining ¼ cup of pecans and coconut along with 2 tbsp cacao nibs or chocolate chips.
4. Scrape dough onto a piece of parchment paper or silicone baking mat. Cover with another piece of parchment paper and roll the bars out to about ½ inch, shaping into a square as you roll.
5. Place the bars in the refrigerator for 2-3 hours, allowing them to firm up before cutting into 12 equal pieces.
6. Store in refrigerator for 6 days or a month in the freezer.