

NO-BAKE CHERRY VANILLA PROTEIN BARS



INGREDIENTS

- * 1 cup old-fashioned oats
- * 1/3 cup ground flaxseed
- * 1/3 cup unsweetened shredded coconut
- * 3 scoops vanilla **plant-based** protein powder (Whey protein will not work)
- * 1/2 cup almond butter
- * 1/4 cup pure maple syrup
- * 1 tablespoon almond milk
- * 1 tablespoon vanilla extract
- * 1/3 cup dried cherries or cranberries

Serving Size: 1 Bar
of Servings: 10

PER SERVING

Calories: 211
Carbs: 21g
Dietary Fiber: 5g
Protein: 14g
Saturated Fat: 3g

DIRECTIONS

- * Line a loaf pan with parchment paper. Set aside.
- * Place oats, ground flaxseed, coconut and plant-based protein powder in a blender or food processor. Blend until mixture resembles a powder.
- * Dump dry mixture into a medium mixing bowl. Add almond butter, maple syrup, almond milk and vanilla. Stir until well combined. Fold in cherries (use hands if necessary).
- * Transfer mixture to loaf pan lined with parchment paper. Press firmly using your fingers until it's completely flat and smooth.
- * Freeze for at least 30 minutes before slicing into 10 bars.

Store in refrigerator, or freeze for later.