

NATURAL PROTEIN BARS

A SIMPLE, REAL-FOOD ALTERNATIVE TO ULTRA-PROCESSED SNACKS

Most protein bars are marketed as healthy… but the ingredient list tells a different story.

This is a different approach.
These **natural protein bars** are made with simple, recognizable ingredients you likely already have in your kitchen. No unnecessary processing. No fillers. **Just real food**. The way it was meant to be. Because food shouldn't feel like a science experiment.

Each bar contains approximately 10–12g of protein (depending on size).

Ingredients:

Dry ingredients:

- 1 cup (2.5 dl) oat flour (blended oats)
- 1 cup (2.5 dl) almond flour
- 1/3 cup (0.8 dl) protein powder of your choice
- 1 tsp vanilla powder (not vanilla sugar)
- 1 pinch of salt

Wet ingredients:

- 5 tbsp natural unsweetened peanut butter
- 3 tbsp maple syrup
- 3 tbsp milk

Toppings:

- 80g 85% (or higher) chocolate
- 2 tsp coconut oil

Step-by-Step Instructions:

1. Mix all dry ingredients in a bowl.

2. Add peanut butter, maple syrup, and milk.

3. Line an oblong baking tin with parchment paper.

4. Add the dough and press it down evenly using a spoon.

5. Let it chill in the fridge for 30 minutes.

6. Melt the chocolate and coconut oil over a bowl of hot water.

7. Pour the chocolate evenly over the dough and return to the fridge for 1 hour.

8. Sprinkle with sea salt and cut into bars.





Want more high-protein ideas?
My High-Protein Breakfast Recipe eBook was created especially for women 40+ who want to maintain muscle, support metabolism, and age strong without complicated meals.

Download the full recipe eBook here

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