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| **Homemade Peanut Crunch Protein Bar**Recipe provided by **Homemade** |  |

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| Ingredients | Directions |
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| 1 ½ cups | Oats |
| 1 ½ cups | Crunchy peanut butter |
| 1 ½ cups | Dates |
| 4 Tbsp. | Coconut oil, melted |
| 3 Tbsp. | Cacao powder |
| 15 Tbsp. | Rice crisp cereal |
| 1/2 tsp. | Ginger powder |
| 1 tsp. | Vanilla |
| ¼ tsp. | Sea salt |

Makes 18 bars; they freeze well. |

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| 1. This amazing high protein, high energy, high mineral bar is so easy to prepare!  Simply set aside the rice crisp cereal and ⅓ of the dates and combine all other ingredients in a food processor.  Or chop finely and combine by hand in a large bowl.  Don’t forget to remove the pits from the dates (if any) before combining or processing.
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| 1. Now take the dates, which you set aside, chop them finely and stir through by hand, together with the rice crisp cereal.  This gives the bars a delightfully varied crunch and smoothness.
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| 1. Now, press the whole mixture evenly into the bottom of a baking tray or pan lined with baking or non-stick paper.  If the mixture is not binding (holding together) properly, then simply add extra water and/or coconut oil until the desired firmness is achieved.  Adding coconut oil will help the bars set, but water is fine too.
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| 1. Place the pan in the freezer for 30 minutes or until the mixture is set.  Then slice into bars
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| 1. To pack:  Place a single bar in a small plastic container for a portion-controlled nutritious snack on the go
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| 1. To store:  Keep in the refrigerator.
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| 1. To serve:  Enjoy cold, straight out of the container on its own or with a piece of fresh fruit.
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