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

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| Ingredients | Directions |
| |  |  | | --- | --- | | 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. | |  | | --- | | 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. | | 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. | | 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. | | 1. Place the pan in the freezer for 30 minutes or until the mixture is set.  Then slice into bars | | 1. To pack:  Place a single bar in a small plastic container for a portion-controlled nutritious snack on the go | | 1. To store:  Keep in the refrigerator. | | 1. To serve:  Enjoy cold, straight out of the container on its own or with a piece of fresh fruit. | |
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