

High-Protein Chocolate Peanut Butter Bar

Indulge in a delicious chocolate bar that packs a protein punch while keeping the fat content low. Perfect for a post-workout snack or a guilt-free treat!


40 min

Total time

easy

Difficulty

190

kcal / serving

Ingredients

- 1/4 cup chocolate protein powder
- 1 tablespoon natural peanut butter
- 1 tablespoon unsweetened cocoa powder
- 2 tablespoons rolled oats
- 1 tablespoon honey or maple syrup
- 1/4 cup unsweetened almond milk
- Pinch of salt

Steps

- 1 In a mixing bowl, combine the chocolate protein powder, cocoa powder, rolled oats, and salt.
- 2 Add the peanut butter and honey (or maple syrup) to the dry ingredients and mix well until combined.
- 3 Gradually add the almond milk, stirring until you achieve a thick but moldable consistency.
- 4 Line a small container or dish with parchment paper and press the mixture firmly into the bottom.
- 5 Refrigerate for at least 30 minutes to set.
- 6 Once set, cut into bars and enjoy your high-protein treat!