



Ingredients:

- 1 cup chocolate whey protein powder
- ½ cup of Oats
- 1/3 cup of unsweetened almond milk
- 2 tbsp coconut flour
- 2 tbsp ground espresso or coffee
- 2 tbsp almond butter or coconut oil
- 1 tbsp coco powder
- ½ bar dark 85% chocolate

1 → 2 → 3 → 4 → 5 → 6 → 7

Method:

Blend oats until smooth and add remaining ingredients

If too sticky add more milk, too wet then add whey protein

Put into the fridge for an hour makes it easier to work with

Mold into bars and place on wax paper

Melt chocolate and either dip the bars or drizzle over the top

Return to the fridge in sealed container, consume within 7 - 10 days

Macros per bar

Cals-240kcal
Protein 18g
Carbs 17.5g
Fat 11.5g
Fibre 5g