



8 servings



15 minutes

# Choc Peanut Butter Protein Bars



## Ingredients

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- 1 cup of almond meal
- 4 tablespoons of plant based protein powder (I used amazonia raw vanilla)
- 6 medjool dates
- 1/2 cup of natural crunchy peanut butter
- 1/2 a block of lindt sugar free dark chocolate
- 1/2 a teaspoon of coconut oil

## Method

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1. break up the medjool dates into small pieces, removing the pit and the calyx
2. add these to a bowl with the almond meal, peanut butter and plant protein
3. Mix into a dough and press into a lined baking tray
4. Melt chocolate in a small bowl over some hot water with coconut oil, stirring well until smooth
5. drizzle chocolate over bars and put tray in the fridge
6. These should set within 10 minutes - cut them into bars or squares and enjoy!

These will keep well in the fridge in a container for up to a week if they last that long!