



**BODYBUILDING.COM™**

## **Protein Bars**

### **Ingredients:**

Oats, 1 1/2 cup

Unsweetened almond milk, 1/2 cup

Nut butter, 1/2 cup

Optimum Nutrition Gold Standard whey, 2-3 scoops

### **Directions:**

1. Combine the ingredients in a bowl and then pour the mixture into a small lined tray
2. Pop this into the fridge or freezer to set, and then chop up into slices.

Pro tip: Add in some chopped nuts for an extra crunch.