



Courtesy of Anna Sward @ Proteinpow.com

Gluten-Free Apple Pie Protein Bars

Ingredients:

Coconut oil: 2 tbsp
Vanilla whey: 1/2 cup
Coconut sugar: 4 tbsp (or granulated Stevia)
Almond butter or sunflower seed butter: 4 tbsp
Milk: 4 tbsp (almond, coconut, or regular)
Coconut flour: 4 tbsp
Cinnamon or allspice: 2 tsp
Apple: 1 medium, sliced

Directions:

1. Steam your apple slices until they get soft. You can peel the apple before steaming it or you can leave the skin on—it's up to you.
2. Make your bar by mixing the rest of the ingredients together in a food processor until you get a soft dough.
3. Press the dough onto a small silicone brownie pan. Add your apple slices on top, and sprinkle the whole thing with some extra cinnamon or allspice.
4. Bake at 340 F (170 C) for about 15-20 minutes or until an inserted knife comes out clean. Or if you want your bars really soft inside, just take them out while they're still a bit sticky in the middle! That's what I did when I made these bars, and they were delish.
5. Let the bars cool down completely before slicing and eating.