



Courtesy of Anna Sward @proteinpow.com

No-Bake Peanut Butter Oatmeal Protein Bars!

Ingredients:

Gluten-free (or regular) rolled oats, 1 cup

Vanilla or unflavored whey, 1/2 cup

Ground almonds, 2 tbsp

Peanut butter, 6 tbsp

Almond milk, 4 tbsp

Agave syrup, 2 tbsp

Freeze-dried raspberries, 2 oz.

Directions:

1. Toss all ingredients except raspberries into a bowl. Mix using your hands until you get a soft dough.
2. Press your dough into a silicone bread pan.
3. Top with freeze-dried berries or your topping of choice. This is optional, but lovely.
4. Let it sit in the fridge overnight. Slice into bars the next day.