

# No-Bake Chocolate PB Protein Bars

Web Recipe · Snack · GF

220 cal · 14g protein · 20g carbs · 10g fat · 10 servings

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## Ingredients

- 1.5 cups rolled oats
- 2 scoops vegan chocolate protein powder
- 1/2 cup natural peanut butter
- 1/3 cup maple syrup
- 1/4 cup unsweetened almond milk
- 2 tbsp cocoa powder
- 2 tbsp ground flaxseed
- 2 tbsp hemp seeds
- 1/4 cup vegan dark chocolate chips
- 1 tsp vanilla extract

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## Instructions

1. In a large bowl, combine rolled oats, protein powder, cocoa powder, ground flaxseed, hemp seeds, and salt.
2. Add peanut butter, maple syrup, almond milk, and vanilla extract. Mix until a thick, sticky dough forms.
3. Fold in chocolate chips.
4. Line an 8x8 inch pan with parchment paper. Press the mixture firmly and evenly into the pan.
5. Refrigerate at least 2 hours until firm.
6. Cut into 10 bars. Store in the fridge for up to 1 week or freeze for up to 2 months.

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Generated by Meal Planner · Per serving macros