

# Peanut Butter Chocolate Vegan Protein Bars



PREP TIME

5 mins

TOTAL TIME

35 mins



COURSE

Gluten Free, Snacks



SERVINGS

8 bars

CALORIES

227 kcal

## INGREDIENTS

- 1/2 c brown rice syrup
- 1/4 c Peanut Butter
- 1 tsp vanilla extract \*Optional
- 1/4 c Unsweetened Soy Milk
- 1/4 c Oats - Dry (use Gluten-free oats to make fully GF)
- 1 c TVP
- 2 scoops protein powder Nutrition facts calculated using Tru Supplements Birthday Cake Protein
- 1/8 tsp salt
- 1/4 c Chocolate Chips \*Optional

## INSTRUCTIONS

1. Heat a saucepan over medium heat.
2. Add brown rice syrup and peanut butter to the pan and stir together until completely combined. \*Optional to add vanilla extract here.
3. Add soy milk to the pan. Stir again until completely combined.

4. Add oats and tvp. Stir until completely coated by liquid mixture.
5. Add protein powder and salt. Stir until well combined. It will be a very thick mixture. Keep stirring until all ingredients are well incorporated.
6. With wet hands, press mixture into a parchment-lined, 8x8 baking pan until the mixture is level. If your hands get too sticky, feel free to re-wet!
7. Optional: Working quickly, before your chocolate begins to melt, sprinkle chocolate chips evenly over the bars and press gently in.
8. Refrigerate for at least 30 minutes. Remove, cut into 8 pieces and enjoy!

## NUTRITION

### Nutrition Facts

Peanut Butter Chocolate Vegan Protein Bars

**Amount Per Serving**

<b>Calories</b>	227	Calories from Fat	63
<b>% Daily Value*</b>			
<b>Fat</b>	7g	11%	
<b>Carbohydrates</b>	26g	9%	
	Fiber 4g	17%	
<b>Protein</b>	15g	30%	

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!