

Protein Bars

No baking | Makes ~10 bars

Ingredients (Metric):

- 100g **rolled oats**
- 130g **natural nut butter** (almond or peanut, unsweetened)
- 30g **protein powder** (unsweetened or naturally sweetened)
- 25g **ground flaxseed**
- 15g **chia seeds**
- 90g **pitted Medjool dates** (about 5–6 large)
- 30g **pumpkin seeds** (raw, unsalted)
- 60ml **unsweetened almond milk** (more if needed to blend dates)
- 5ml **vanilla extract** (optional)
- 1g **sea salt** (a pinch)
- 40g **dark chocolate chips** (optional, 70%+ cocoa)

Instructions:

1. Soften dates:

Soak the dates in warm water for 10 minutes if they're not soft. Drain.

2. Blend wet base:

In a blender or food processor, combine the dates, nut butter, almond milk, and vanilla until smooth and creamy.

3. Mix dry ingredients:

In a large bowl, combine oats, protein powder, flaxseed, chia seeds, pumpkin seeds, and sea salt.

4. Combine:

Add the blended wet mixture to the dry ingredients. Stir well until fully incorporated. If it's too dry or crumbly, add a splash more almond milk.

5. Add chocolate (optional):

Fold in dark chocolate chips if using.

6. Shape & chill:

Press the mixture firmly into a parchment-lined 20x20 cm (8x8 inch) pan. Flatten with a spatula or your hands.

7. Refrigerate:

Chill for 30–60 minutes until firm. Slice into 10 bars.