



# CANDY BAR COPYCATS

All the flavor of your favorite candy bars, but packed with protein.

4 Macro-Verified Recipes

ProteinBars | [proteinbars.co](https://proteinbars.co)

# WHAT'S INSIDE

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Combined Shopping List

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# Candy Bar Copycat: Protein Snickers

18g

Prep: 20 min

Cook: 5 min

Total: 25 min

Yield: 10 bars

Difficulty: Medium

**280**

CALORIES

**18g**

PROTEIN

**25g**

CARBS

**18g**

FAT

## INGREDIENTS

120g almond flour

60g vanilla whey protein powder

60g powdered peanut butter

60g sugar-free caramel sauce

50g roasted peanuts

100g dark chocolate chips

## INSTRUCTIONS

- 1 In a bowl, combine almond flour, protein powder, and powdered peanut butter. Add a little water at a time until a dough forms. Press into a lined loaf pan.
- 2 Spread the sugar-free caramel sauce over the nougat layer.
- 3 Sprinkle the roasted peanuts over the caramel layer.
- 4 Place the pan in the freezer for 30 minutes to set.
- 5 Melt the dark chocolate chips in the microwave.
- 6 Cut the chilled mixture into bars and dip each bar in the melted chocolate. Place on a parchment-lined plate and refrigerate until the chocolate is set.

# Candy Bar Copycat: Protein Twix

17g

Prep: 25 min

Cook: 10 min

Total: 35 min

Yield: 12 bars

Difficulty: Medium

**270**

CALORIES

**17g**

PROTEIN

**22g**

CARBS

**17g**

FAT

## INGREDIENTS

120g almond flour

60g vanilla whey protein powder

60g coconut oil, melted

120g sugar-free caramel sauce

150g dark chocolate chips

## INSTRUCTIONS

- 1 In a bowl, combine the almond flour, protein powder, and melted coconut oil. Press into a lined loaf pan and bake at 175°C (350°F) for 10 minutes.
- 2 Let the shortbread layer cool completely.
- 3 Pour the sugar-free caramel sauce over the cooled shortbread layer.
- 4 Place the pan in the freezer for 30-60 minutes, until the caramel is firm.
- 5 Melt the dark chocolate chips in the microwave.
- 6 Cut the chilled mixture into bars and dip each bar in the melted chocolate. Place on a parchment-lined plate and refrigerate until the chocolate is set.

# Candy Bar Copycat: Almond Mound

20g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 10 bars

Difficulty: Easy

**280**

CALORIES

**20g**

PROTEIN

**15g**

CARBS

**20g**

FAT

## INGREDIENTS

150g shredded coconut

120g vanilla whey protein powder

120g coconut cream

20 whole almonds

100g dark chocolate chips

## INSTRUCTIONS

- 1 In a bowl, combine the shredded coconut, protein powder, and coconut cream. Mix until a sticky dough forms.
- 2 Shape the dough into 10 bars and press two almonds onto the top of each bar.
- 3 Place the bars on a parchment-lined plate and freeze for 15 minutes.
- 4 Melt the dark chocolate chips in the microwave.
- 5 Dip each bar in the melted chocolate, ensuring it is fully coated.
- 6 Refrigerate until the chocolate is set, then serve.

# Candy Bar Copycat: Protein Butterfinger

18g

Prep: 20 min

Cook: 5 min

Total: 25 min

Yield: 12 bars

Difficulty: Medium

**270**

CALORIES

**18g**

PROTEIN

**24g**

CARBS

**16g**

FAT

## INGREDIENTS

120g peanut butter

80g honey

60g vanilla whey protein powder

90g cornflakes, crushed

150g dark chocolate chips

## INSTRUCTIONS

- 1 In a saucepan, heat the peanut butter and honey over low heat until melted and smooth. Remove from heat and stir in the protein powder and crushed cornflakes.
- 2 Press the mixture into a lined loaf pan.
- 3 Refrigerate for 30 minutes to set.
- 4 Melt the dark chocolate chips in the microwave.
- 5 Cut the chilled mixture into bars and dip each bar in the melted chocolate.
- 6 Place on a parchment-lined plate and refrigerate until the chocolate is set.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 120g almond flour
- ☐ 60g vanilla whey protein powder
- ☐ 60g powdered peanut butter
- ☐ 120g vanilla whey protein powder

## DAIRY & EGGS

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- ☐ 120g coconut cream
- ☐ 120g peanut butter

## SWEETENERS & FLAVORINGS

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- ☐ 60g sugar-free caramel sauce
- ☐ 100g dark chocolate chips
- ☐ 120g sugar-free caramel sauce
- ☐ 150g dark chocolate chips
- ☐ 80g honey

## OTHER

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- ☐ 50g roasted peanuts
- ☐ 60g coconut oil, melted
- ☐ 150g shredded coconut
- ☐ 20 whole almonds
- ☐ 90g cornflakes, crushed

## PRO TIPS

### Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

### Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

### Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

### Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

### Substitutions

Visit [proteinbars.co](https://proteinbars.co) for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.



## Want More Recipes?

Visit us for more macro-verified bars recipes, interactive ingredient substitutions, and more free recipe packs.

[proteinbars.co](https://proteinbars.co)