



## NUT-FREE PACK

Enjoy these delicious and safe protein bars, completely free of nuts.

4 Macro-Verified Recipes

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

# WHAT'S INSIDE

1. Nut-Free Sunbutter Protein Bars	16g protein
2. Nut-Free Chocolate Seed Protein Bars	17g protein
3. Nut-Free Apple Cinnamon Protein Bars	16g protein
4. Nut-Free Vanilla Funfetti Protein Bars	17g protein

Combined Shopping List

Pro Tips

# Nut-Free Sunbutter Protein Bars

16g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 bars

Difficulty: Easy

**230**

CALORIES

**16g**

PROTEIN

**22g**

CARBS

**13g**

FAT

## INGREDIENTS

240g sunflower seed butter

120g honey

120g vanilla whey protein powder

90g rolled oats

60g sunflower seeds

## INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, mix together the sunflower seed butter and honey.
- 3 Add the protein powder and rolled oats, and mix until a dough forms.
- 4 Press the dough evenly into the prepared pan.
- 5 Sprinkle the sunflower seeds on top and press them in gently.
- 6 Refrigerate for at least 30 minutes before cutting into 12 bars.

# Nut-Free Chocolate Seed Protein Bars

17g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 bars

Difficulty: Easy

**240**

CALORIES

**17g**

PROTEIN

**20g**

CARBS

**14g**

FAT

## INGREDIENTS

120g sunflower seed butter

80g honey

120g chocolate whey protein powder

50g pumpkin seeds

50g sunflower seeds

30g chia seeds

## INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, mix together the sunflower seed butter and honey.
- 3 Add the protein powder and all the seeds. Mix until well combined.
- 4 Press the mixture evenly into the prepared pan.
- 5 Refrigerate for at least 30 minutes.
- 6 Cut into 12 bars and store in the refrigerator for a quick and healthy snack.

# Nut-Free Apple Cinnamon Protein Bars

16g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**220**

CALORIES

**16g**

PROTEIN

**26g**

CARBS

**9g**

FAT

## INGREDIENTS

180g rolled oats

120g vanilla whey protein powder

120g unsweetened applesauce

1 large egg

60g honey

1 teaspoon cinnamon

1 medium apple, finely chopped

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the rolled oats, protein powder, applesauce, egg, honey, and cinnamon. Mix until well combined.
- 3 Gently fold in the chopped apple.
- 4 Pour the mixture into the prepared pan and bake for 20 minutes.
- 5 Let the bars cool completely in the pan.
- 6 Cut into 12 bars and store in an airtight container.

# Nut-Free Vanilla Funfetti Protein Bars

17g

Prep: 10 min    Cook: 0 min    Total: 10 min    Yield: 12 bars    Difficulty: Easy

**230**

CALORIES

**17g**

PROTEIN

**24g**

CARBS

**11g**

FAT

## INGREDIENTS

240g sunflower seed butter

120g vanilla whey protein powder

60g honey

1 teaspoon vanilla extract

30g rainbow sprinkles

## INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the sunflower seed butter, protein powder, honey, and vanilla extract. Mix until a dough forms.
- 3 Gently fold in the rainbow sprinkles.
- 4 Press the dough evenly into the prepared pan.
- 5 Refrigerate for at least 30 minutes.
- 6 Cut into 12 bars and enjoy the funfetti flavor.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 120g vanilla whey protein powder
- ☐ 90g rolled oats
- ☐ 120g chocolate whey protein powder
- ☐ 180g rolled oats

## DAIRY & EGGS

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- ☐ 240g sunflower seed butter
- ☐ 120g sunflower seed butter
- ☐ 1 large egg

## PRODUCE

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- ☐ 50g pumpkin seeds
- ☐ 120g unsweetened applesauce
- ☐ 1 medium apple, finely chopped

## SWEETENERS & FLAVORINGS

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- ☐ 120g honey
- ☐ 80g honey
- ☐ 60g honey
- ☐ 1 teaspoon vanilla extract

## OTHER

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- ☐ 60g sunflower seeds
- ☐ 50g sunflower seeds
- ☐ 30g chia seeds
- ☐

1 teaspoon cinnamon

☐ 30g rainbow sprinkles

## 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)