



NO-BAKE STARTER

A collection of easy, no-bake protein bars that are perfect for beginners.

5 Macro-Verified Recipes

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WHAT'S INSIDE

1. No-Bake Chocolate Peanut Butter Bars

22g protein

2. No-Bake Cashew Coconut Protein Bars

18g protein

3. No-Bake Key Lime Pie Bars

16g protein

4. No-Bake Birthday Cake Protein Bars

20g protein

5. No-Bake Matcha Coconut Protein Bars

17g protein

Combined Shopping List

Pro Tips

No-Bake Chocolate Peanut Butter Bars

22g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

250

CALORIES

22g

PROTEIN

20g

CARBS

15g

FAT

INGREDIENTS

240g creamy peanut butter

120g honey

120g vanilla whey protein powder

90g rolled oats

60g dark chocolate chips

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, mix together the peanut butter and honey until well combined.
- 3 Add the protein powder and rolled oats to the bowl and mix until a thick dough forms.
- 4 Press the dough evenly into the prepared pan.
- 5 Melt the dark chocolate chips in the microwave in 30-second intervals, stirring until smooth.
- 6 Pour the melted chocolate over the dough and spread evenly. Refrigerate for at least 30 minutes before cutting into bars.

No-Bake Cashew Coconut Protein Bars

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

260

CALORIES

18g

PROTEIN

20g

CARBS

16g

FAT

INGREDIENTS

240g cashew butter

120g vanilla whey protein powder

90g shredded coconut

80g maple syrup

60g coconut flour

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine all ingredients and mix until a thick dough forms.
- 3 Press the dough evenly into the prepared pan.
- 4 Refrigerate for at least 1 hour to set.
- 5 Cut into 12 bars and store in the refrigerator.
- 6 For extra flavor, drizzle with melted white chocolate before chilling.

No-Bake Key Lime Pie Bars

16g

Prep: 20 min

Cook: 0 min

Total: 20 min

Yield: 12 bars

Difficulty: Easy

240

CALORIES

16g

PROTEIN

20g

CARBS

15g

FAT

INGREDIENTS

120g almond flour

60g vanilla whey protein powder

60g coconut oil, melted

240g cream cheese, softened

80g erythritol

60ml key lime juice

Zest of 2 key limes

INSTRUCTIONS

- 1 In a bowl, combine the almond flour, protein powder, and melted coconut oil. Press into a lined 8×8 inch pan.
- 2 In a separate bowl, beat the cream cheese, erythritol, key lime juice, and key lime zest until smooth and creamy.
- 3 Spread the filling evenly over the crust.
- 4 Refrigerate for at least 4 hours, or until the filling is firm.
- 5 Cut into 12 bars and serve chilled.
- 6 Garnish with extra lime zest or a dollop of whipped cream.

No-Bake Birthday Cake Protein Bars

20g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

250

CALORIES

20g

PROTEIN

22g

CARBS

14g

FAT

INGREDIENTS

240g cashew butter

120g vanilla whey protein powder

60g maple syrup

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 cashew butter, protein powder, maple syrup, 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 celebration.

No-Bake Matcha Coconut Protein Bars

17g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

250

CALORIES

17g

PROTEIN

20g

CARBS

16g

FAT

INGREDIENTS

240g cashew butter

120g vanilla whey protein powder

30g matcha powder

90g shredded coconut

80g maple syrup

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the cashew butter, protein powder, matcha powder, shredded coconut, and maple syrup. Mix until a thick dough forms.
- 3 Press the dough evenly into the prepared pan.
- 4 Refrigerate for at least 1 hour to set.
- 5 Cut into 12 bars and store in the refrigerator.
- 6 Enjoy a unique and healthy protein bar.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 120g vanilla whey protein powder
- 90g rolled oats
- 60g coconut flour
- 120g almond flour
- 60g vanilla whey protein powder
- 30g matcha powder

DAIRY & EGGS

- 240g creamy peanut butter
- 240g cashew butter
- 240g cream cheese, softened

SWEETENERS & FLAVORINGS

- 120g honey
- 60g dark chocolate chips
- 80g maple syrup
- 60g maple syrup
- 1 teaspoon vanilla extract

OTHER

- 90g shredded coconut
- 60g coconut oil, melted
- 80g erythritol
- 60ml key lime juice
- Zest of 2 key limes
-

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 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.

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