



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

4 Macro-Verified Recipes

ProteinBars | proteinbars.co

WHAT'S INSIDE

1. Gluten-Free Chocolate Peanut Butter Protein Bars

20g protein

2. Dairy-Free Coconut Almond Protein Bars

18g protein

3. Gluten-Free Chocolate Peanut Butter Protein Bars

20g protein

4. Dairy-Free Coconut Almond Protein Bars

18g protein

Combined Shopping List

Pro Tips

Gluten-Free Chocolate Peanut Butter Protein Bars

20g

Prep: 15 min

Cook: 0 min

Total: 75 min

Yield: 10 bars

Difficulty: Easy

220

CALORIES

20g

PROTEIN

18g

CARBS

10g

FAT

INGREDIENTS

120g certified gluten-free rolled oats

60g chocolate whey protein powder

120g natural peanut butter

80ml honey or maple syrup

30g dark chocolate chips (dairy-free optional)

1 tsp vanilla extract

Pinch of salt

INSTRUCTIONS

- 1 In a large bowl, combine the gluten-free oats, protein powder, and salt.
- 2 Add the peanut butter, honey, and vanilla extract. Mix until a thick, sticky dough forms.
- 3 Fold in the dark chocolate chips until evenly distributed.
- 4 Press the mixture firmly into an 8×8 inch pan lined with parchment paper. Refrigerate for at least 1 hour.
- 5 Cut into 10 bars. Store in an airtight container in the refrigerator for up to 2 weeks.

Dairy-Free Coconut Almond Protein Bars

18g

Prep: 15 min

Cook: 0 min

Total: 75 min

Yield: 12 bars

Difficulty: Easy

195

CALORIES

18g

PROTEIN

15g

CARBS

11g

FAT

INGREDIENTS

60g vanilla plant-based protein powder

80g unsweetened shredded coconut

60g almond butter

80ml coconut cream

60ml maple syrup

40g sliced almonds

1 tsp vanilla extract

Pinch of sea salt

INSTRUCTIONS

- 1 In a large bowl, mix the protein powder, shredded coconut, and sliced almonds.
- 2 Add the almond butter, coconut cream, maple syrup, vanilla, and salt. Mix until well combined.
- 3 Line an 8×8 inch pan with parchment paper. Press the mixture firmly and evenly into the pan.
- 4 Refrigerate for at least 1 hour until firm.
- 5 Cut into 12 bars. Store refrigerated in an airtight container for up to 10 days.

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- 5** Cut into 12 bars. Store refrigerated in an airtight container for up to 10 days.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 120g certified gluten-free rolled oats
- 60g chocolate whey protein powder
- 60g vanilla plant-based protein powder

DAIRY & EGGS

- 120g natural peanut butter
- 60g almond butter
- 80ml coconut cream

SWEETENERS & FLAVORINGS

- 80ml honey or maple syrup
- 30g dark chocolate chips (dairy-free optional)
- 1 tsp vanilla extract
- 60ml maple syrup

OTHER

- Pinch of salt
- 80g unsweetened shredded coconut
- 40g sliced almonds
- Pinch of sea salt

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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