



## VEGAN COLLECTION

A selection of delicious and satisfying plant-based protein bars.

4 Macro-Verified Recipes

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

## WHAT'S INSIDE

1. Vegan Almond Joy Protein Bars

15g protein

2. Vegan Chocolate Chip Cookie Dough Protein Bars

16g protein

3. Vegan Peanut Butter & Jelly Protein Bars

17g protein

4. Vegan Double Chocolate Protein Bars

18g protein

Combined Shopping List

Pro Tips

# Vegan Almond Joy Protein Bars

15g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

**220**

CALORIES

**15g**

PROTEIN

**18g**

CARBS

**14g**

FAT

## INGREDIENTS

150g shredded coconut

120g vanilla plant-based protein powder

80g coconut oil, melted

60g maple syrup

24 whole almonds

100g vegan dark chocolate chips

## INSTRUCTIONS

- 1 In a bowl, combine the shredded coconut, protein powder, melted coconut oil, and maple syrup. Mix until well combined.
- 2 Press the mixture into a lined 8×8 inch pan.
- 3 Press two whole almonds into the top of each future bar location.
- 4 Refrigerate for 20 minutes to firm up.
- 5 Melt the vegan dark chocolate chips in the microwave.
- 6 Drizzle the melted chocolate over the bars and refrigerate until set. Cut into 12 bars.

# Vegan Chocolate Chip Cookie Dough Protein Bars

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

**250**

CALORIES

**16g**

PROTEIN

**24g**

CARBS

**14g**

FAT

## INGREDIENTS

1 can (425g) chickpeas, rinsed and drained

120g vanilla plant-based protein powder

120g cashew butter

60g maple syrup

1 teaspoon vanilla extract

80g vegan chocolate chips

## INSTRUCTIONS

- 1 In a food processor, blend the chickpeas, protein powder, cashew butter, maple syrup, and vanilla extract until smooth.
- 2 Transfer the dough to a bowl and stir in the vegan chocolate chips.
- 3 Press the dough into a lined 8×8 inch pan.
- 4 Refrigerate for at least 30 minutes.
- 5 Cut into 12 bars and store in the refrigerator.
- 6 Enjoy a healthy and delicious cookie dough treat.

# Vegan Peanut Butter & Jelly Protein Bars

17g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

**260**

CALORIES

**17g**

PROTEIN

**25g**

CARBS

**14g**

FAT

## INGREDIENTS

240g creamy peanut butter

120g vanilla plant-based protein powder

90g rolled oats

60g maple syrup

80g sugar-free raspberry jam

## INSTRUCTIONS

- 1 In a bowl, combine the peanut butter, protein powder, rolled oats, and maple syrup. Mix until a dough forms.
- 2 Press two-thirds of the dough into a lined 8×8 inch pan.
- 3 Spread the raspberry jam evenly over the peanut butter layer.
- 4 Crumble the remaining dough over the jam layer.
- 5 Refrigerate for at least 30 minutes.
- 6 Cut into 12 bars and enjoy the classic PB&J flavor.

# Vegan Double Chocolate Protein Bars

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

**260**

CALORIES

**18g**

PROTEIN

**22g**

CARBS

**16g**

FAT

## INGREDIENTS

240g almond butter

120g chocolate plant-based protein powder

60g unsweetened cocoa powder

80g maple syrup

50g vegan chocolate chips

## INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the almond butter, protein powder, cocoa powder, and maple syrup. Mix until a thick dough forms.
- 3 Fold in the vegan chocolate chips.
- 4 Press the dough evenly into the prepared pan.
- 5 Refrigerate for at least 30 minutes.
- 6 Cut into 12 bars and enjoy a rich, chocolatey treat.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 120g vanilla plant-based protein powder
- ☐ 90g rolled oats
- ☐ 120g chocolate plant-based protein powder
- ☐ 60g unsweetened cocoa powder

## DAIRY & EGGS

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- ☐ 120g cashew butter
- ☐ 240g creamy peanut butter
- ☐ 240g almond butter

## PRODUCE

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- ☐ 80g sugar-free raspberry jam

## SWEETENERS & FLAVORINGS

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- ☐ 60g maple syrup
- ☐ 100g vegan dark chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 80g vegan chocolate chips
- ☐ 80g maple syrup
- ☐ 50g vegan chocolate chips

## OTHER

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- ☐ 150g shredded coconut
- ☐ 80g coconut oil, melted
- ☐ 24 whole almonds
- ☐

1 can (425g) chickpeas, rinsed and drained



## 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)