



VEGAN COLLECTION

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

4 Macro-Verified Recipes

ProteinBars | proteinbars.co

WHAT'S INSIDE

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- | | |
|---|-------------|
| 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 |
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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

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

DAIRY & EGGS

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

PRODUCE

- 80g sugar-free raspberry jam

SWEETENERS & FLAVORINGS

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

OTHER

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