



# NO-BAKE STARTER

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

5 Macro-Verified Recipes

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

## 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

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Combined Shopping List

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Pro Tips

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# 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

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

## DAIRY & EGGS

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

## SWEETENERS & FLAVORINGS

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

## OTHER

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- 90g shredded coconut
- 60g coconut oil, melted
- 80g erythritol
- 60ml key lime juice
- Zest of 2 key limes
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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](http://proteinbars.co)