



NUT-FREE PACK

Enjoy these delicious and safe protein bars, completely free of nuts.

4 Macro-Verified Recipes

ProteinBars | proteinbars.co

WHAT'S INSIDE

1. Nut-Free Sunbutter Protein Bars	16g protein
2. Nut-Free Chocolate Seed Protein Bars	17g protein
3. Nut-Free Apple Cinnamon Protein Bars	16g protein
4. Nut-Free Vanilla Funfetti Protein Bars	17g protein

Combined Shopping List

Pro Tips

Nut-Free Sunbutter Protein Bars

16g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 bars

Difficulty: Easy

230

CALORIES

16g

PROTEIN

22g

CARBS

13g

FAT

INGREDIENTS

240g sunflower seed butter

120g honey

120g vanilla whey protein powder

90g rolled oats

60g sunflower seeds

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, mix together the sunflower seed butter and honey.
- 3 Add the protein powder and rolled oats, and mix until a dough forms.
- 4 Press the dough evenly into the prepared pan.
- 5 Sprinkle the sunflower seeds on top and press them in gently.
- 6 Refrigerate for at least 30 minutes before cutting into 12 bars.

Nut-Free Chocolate Seed Protein Bars

17g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 bars

Difficulty: Easy

240

CALORIES

17g

PROTEIN

20g

CARBS

14g

FAT

INGREDIENTS

120g sunflower seed butter

80g honey

120g chocolate whey protein powder

50g pumpkin seeds

50g sunflower seeds

30g chia seeds

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, mix together the sunflower seed butter and honey.
- 3 Add the protein powder and all the seeds. Mix until well combined.
- 4 Press the mixture evenly into the prepared pan.
- 5 Refrigerate for at least 30 minutes.
- 6 Cut into 12 bars and store in the refrigerator for a quick and healthy snack.

Nut-Free Apple Cinnamon Protein Bars

16g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

220

CALORIES

16g

PROTEIN

26g

CARBS

9g

FAT

INGREDIENTS

180g rolled oats

120g vanilla whey protein powder

120g unsweetened applesauce

1 large egg

60g honey

1 teaspoon cinnamon

1 medium apple, finely chopped

INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the rolled oats, protein powder, applesauce, egg, honey, and cinnamon. Mix until well combined.
- 3 Gently fold in the chopped apple.
- 4 Pour the mixture into the prepared pan and bake for 20 minutes.
- 5 Let the bars cool completely in the pan.
- 6 Cut into 12 bars and store in an airtight container.

Nut-Free Vanilla Funfetti Protein Bars

17g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 bars Difficulty: Easy

230

CALORIES

17g

PROTEIN

24g

CARBS

11g

FAT

INGREDIENTS

240g sunflower seed butter

120g vanilla whey protein powder

60g honey

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 sunflower seed butter, protein powder, honey, 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 funfetti flavor.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 120g vanilla whey protein powder
- ☐ 90g rolled oats
- ☐ 120g chocolate whey protein powder
- ☐ 180g rolled oats

DAIRY & EGGS

- ☐ 240g sunflower seed butter
- ☐ 120g sunflower seed butter
- ☐ 1 large egg

PRODUCE

- ☐ 50g pumpkin seeds
- ☐ 120g unsweetened applesauce
- ☐ 1 medium apple, finely chopped

SWEETENERS & FLAVORINGS

- ☐ 120g honey
- ☐ 80g honey
- ☐ 60g honey
- ☐ 1 teaspoon vanilla extract

OTHER

- ☐ 60g sunflower seeds
- ☐ 50g sunflower seeds
- ☐ 30g chia seeds
- ☐

1 teaspoon cinnamon

☐ 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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