

# Chocolate Coconut Protein Bars

Nutritional Information 1 Serve

CHO 12.6   PTN 18.8   FAT 6.4



Ingredients - makes 8 bars

- 50g oatmeal
- 120g Vision chocolate protein powder
- 50g natural peanut butter
- 100g skim milk powder
- 5g desiccated coconut
- 1 cup of water

Directions

- Mix all ingredients together in a bowl and gradually adding the water slowly until mixture has a sticky consistency to it
- Line a baking tray with baking paper and spread the mixture evenly at least an inch thick
- Refrigerate for 30 to 60 mins until mixture becomes firm and hard.
- Once ready bars can be cut into 8 bars
- Wrap each bar in cling film and store in fridge