

Protein Bar

Ingredients

- * 1/2 cup flax seed meal (grind whole flax in a coffee grinder)
- * 2 tablespoons coconut flour
- * 2 tablespoons sesame seeds
- * 10 tablespoons protein powder
- * 3 tablespoons carob/Cocoa powder
- * 1/8 teaspoon stevia powder/ 1/4 cup maple syrup
- * 1/3 cup almond butter
- * 2 tablespoons coconut oil
- * 1 teaspoon vanilla extract
- * 1/2 cup water (more or less, as necessary)

Directions

1. Mix all dry ingredients well.
2. Mix together almond butter and coconut oil in a small cup. Soften it by warming in oven or micro on low.
3. Add almond butter and oil to dry ingredients and mix WELL (I actually use my hands to do this). The mixture will be rather dry and crumbly.
4. Add vanilla extract and water (I'd recommend adding water gradually, starting with 1/4 cup, so you don't overdo it) and mix well.
5. Grease a 9x9 pan (or similar size) and press dough into pan. I press for a few minutes with my hand to create a consistent thickness. *I found a loaf pan worked better as the 9 x 9 made them too thin – find out what works best.*
6. Chill in the fridge for several hours to set, then cut into approximately 6 pieces. Wrap each one individually for a quick snack, or store them with wax paper in-between.