



Basics First Chiropractic LLC

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Vegan Protein Bars by Maribeth Crooks

Ingredients (makes 20 bars):

- Organic peanut butter or Almond butter, 1 cup
- Agave nectar, 2/3 cup
- Arbonne's chocolate protein powder, 4 scoops (or one cup of another high-quality brand)
- Rolled oats, 1 1/2 cups
- Ground flax seed, 1/4 cup

Directions:

- In a small saucepan, whisk peanut butter and agave nectar over medium-low heat for 3 - 4 minutes, until the mixture is well combined and just beginning to bubble.
- In a mixing bowl, stir together chocolate protein powder, rolled oats, and ground flax seed.
- Pour peanut butter and agave mixture into dry ingredients. Stir just until all of the dry ingredients have been moistened. The mixture will be crumbly, this is okay as long as everything is moistened.
- Press mixture into an ungreased 8 x 8 inch glass baking dish. Once bars are completely cool, cut into 20 rectangles. Serve and enjoy! (I individually wrap them so that we can literally grab and go!)
- *To make them gluten free substitute brown rice crispies cereal for rolled oats

