



Nutrition Information Per Serving:

Calories: 258
Protein: 8 g
Carbohydrates: 24 g
Fat: 17 g
Fiber: 5 g

PREP TIME 10 mins	COOK TIME 20 mins	TOTAL TIME 40 mins	RECIPE MAKES 10 servings
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"Hello, deliciousness! These homemade protein bars are made with wholesome ingredients and none of that funny stuff, like protein powder with crazy ingredients. If you're not a fan of traditional protein powders, these bars are for you! Made with high-protein cottage cheese, whole eggs, rolled oats, and creamy almond butter, they're the perfect pre- (and post) workout snack to keep you satisfied and well fueled! Oh, yeah, and they taste like dessert!!" —[Carrots 'n' Cake](#)

INGREDIENTS

- ½ cup Classic Plain Muuna cottage cheese
- 1 cup Oats
- ½ cup Creamy almond butter
- ¼ cup Coconut oil, melted
- ¼ cup Cocoa powder
- ¼ cup Brown sugar
- 2 Eggs
- 1 tsp. Vanilla extract
- ¼ tsp. Sea salt
- ½ cup Chocolate chips

INSTRUCTIONS

- 1) Preheat oven to 350° F.
- 2) Combine ingredients, minus the chocolate chips, in a food processor until smooth. (You can also mix by hand, but the food processor makes for a "smoother" protein bar.)
- 3) Once combined, stir in the chocolate chips by hand.
- 4) Line a 9x9 baking dish with parchment paper and then evenly pour in batter.
- 5) Bake for 30 minutes.
- 6) Remove dish from oven and allow to cool.
- 7) Cut into 10 bars. Refrigerate until you're ready to eat.
Note: For a more portable snack, store bars in the freezer.