

High Protein Fudge Bars

Makes 5 Servings

Ingredients

- 8 scoops chocolate protein powder
- 1 cup oatmeal
- 1/3 cup natural peanut butter
- 3 tbsp honey
- 1/2 cup 1% milk
- 3 tbsp crushed peanuts

Directions

1. Mix together the protein powder, oatmeal, peanut butter, honey and milk.
2. Form into 5 bars and then roll in the crushed peanuts to finish.
3. Place in the fridge for about 30 mins

Nutritional Facts

(Per Serving - 1 Bar)

- Calories: 452
- Protein: 50g
- Carbohydrates: 36g
- Fat: 12g

Snacks and Bars

