



SNACK

No bake chewy bar

*** PLEASE HAVE THIS NO MORE THAN THREE TIMES PER WEEK TO ENSURE THE CORRECT MACRONUTRIENTS ARE REACHED OVERALL.**

INGREDIENTS (1 serving)

- 15g (0.6oz) almond butter
- 5g (0.2oz) coconut oil
- 15g (0.5oz) flaxseed, ground
- 5g (0.2oz) coconut flour
- 5g (0.2oz) sesame seeds
- 20g (0.6oz) protein powder - vanilla
- 5g (0.2oz) cacao powder
- pinch of stevia
- splash of vanilla essence

INGREDIENTS (3 servings)

- 45g (1.7oz) almond butter
- 15g (0.5oz) coconut oil
- 40g (1.5oz) flaxseed, ground
- 15g (0.5oz) coconut flour
- 15g (1.5oz) sesame seeds
- 55g (1.8oz) protein powder - vanilla
- 15g (0.5oz) cacao powder
- few pinches of stevia
- few splashes of vanilla essence

The mix will last for 2 weeks in an airtight container in the fridge.

The recipe detailed here is for one portion but there is also a batch of 3 as well, so try making a bigger batch of the mix and portioning it up. Why not try using different flavored protein powder.

METHOD

Simply start off by melting the coconut oil until runny then combine with the almond butter.

Now mix together all of the remaining ingredients and combine with the almond butter and coconut oil mix.

Slowly add water until the mixture starts to bind and turns into a dough. Spread the mix out onto a lined baking tray and place in the fridge for 30-40 minutes until the mixture has set.