



Long Livo

Homemade Protein Snickers Bars

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 2 cups rolled oats
- ☐ 2 scoops vanilla whey protein powder
- ☐ 1/2 cup natural peanut butter
- ☐ 1/4 cup honey
- ☐ 1/3 cup dark chocolate chips
- ☐ 1/2 cup roasted peanuts, chopped
- ☐ 1/4 cup dried dates, finely chopped (optional caramel boost)

Instructions

- 1 Line an 8x8 inch pan with parchment paper; set aside.
- 2 In a microwave-safe bowl, melt the dark chocolate chips with the honey for 30-seconds intervals, stirring until smooth.
- 3 Add the peanut butter to the melted chocolate, stir until fully incorporated; the mixture will become glossy.
- 4 In a large bowl, combine rolled oats and whey protein; pour the chocolate-peanut butter blend over, mixing until every oat is coated.
- 5 Fold in the chopped peanuts and optional date pieces for extra chew.
- 6 Press the mixture firmly into the prepared pan, smooth the top with a spatula.
- 7 Sprinkle a pinch of sea salt over the surface, then refrigerate for at least 15 minutes.
- 8 Remove from pan using the parchment, cut into twelve bars, and enjoy.

Nutrition per serving

210 kcal

Calories

12 g

Protein

18 g

Carbs

12 g

Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of almond milk.
- For extra caramel flavor, swirl in a spoonful of date paste before chilling.
- Store in a cool place if you prefer a softer texture, or keep in the fridge for firmer bars.