



Long Livo

No Bake Protein Bar

Soft, chewy no-bake protein bars packed with peanut butter, honey, and whey, ideal for a quick energizing snack.

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 2 cups rolled oats
- ☐ 1 cup vanilla whey protein powder
- ☐ 1/2 cup natural peanut butter
- ☐ 1/3 cup honey

- ☐ 1/4 cup chopped almonds (optional)

- ☐ 1/4 tsp sea salt

Optional Mix-Ins

- ☐ 2 tbsp dried cranberries
- ☐ 2 tbsp dark chocolate chips

Instructions

- 1 In a large bowl, combine rolled oats and whey protein; stir until evenly mixed.
- 2 In a small saucepan over low heat, warm peanut butter and honey until smooth; this takes about 2 minutes.
- 3 Pour the warm peanut-honey mixture over the dry ingredients, add sea salt, and stir until a sticky dough forms.
- 4 Fold in almonds, dried cranberries, or chocolate chips if using; then press the mixture firmly into a lined 8×8 inch pan.
- 5 Refrigerate for at least 30 minutes; once set, lift the slab out and cut into 12 even bars.

Nutrition per serving

210 kcal

Calories

12 g

Protein

22 g

Carbs

9 g

Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of water or milk.
- For extra chewiness, let the bars sit uncovered in the fridge for a few hours.
- Wrap bars individually to keep them fresh and portable.