



Long Livo

Reeses Peanut Butter Protein Bars

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 2 cups rolled oats
- ☐ 1 cup vanilla whey protein powder
- ☐ 1/2 cup honey
- ☐ 1/4 cup creamy peanut butter

Flavor & Topping

- ☐ 12 Reese's Peanut Butter Cups, chopped
- ☐ 1/2 cup dark chocolate chips
- ☐ 1 tbsp butter (optional for smoother chocolate glaze)

Instructions

- 1 In a food processor, pulse the rolled oats until they reach a coarse flour consistency.
- 2 Transfer oats to a large bowl, add protein powder and chopped Reese's cups, then stir to combine.
- 3 In a microwave-safe bowl, gently melt honey, peanut butter, and butter together until smooth; pour over the dry mixture and stir until everything is evenly coated.
- 4 Press the mixture firmly into a parchment-lined 8×8-inch pan, ensuring an even surface.
- 5 Melt dark chocolate chips with a splash of butter in 30-second intervals, stirring until glossy; drizzle over the pressed base.
- 6 Refrigerate for at least 30 minutes, then cut into 12 bars and enjoy.

Nutrition per serving

210 kcal

Calories

9 g

Protein

18 g

Carbs

12 g

Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of almond milk at a time.
- For a slightly salty finish, sprinkle flaky sea salt on the chocolate glaze before chilling.
- These bars become firmer when frozen; allow them to sit at room temperature for 5 minutes before serving.