



WHATSHATE



Quick 'n Easy No-Bake Protein Bars



Dairy Free



Popular

READY IN



15 min.

SERVINGS



12

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tablespoon coconut oil
- ☐ 0.5 cup rice cereal crisp
- ☐ 3 tablespoons chocolate chips dark mini (I use Enjoy Life)
- ☐ 0.3 teaspoon grain sea salt to taste fine
- ☐ 0.5 cup maple syrup pure (or liquid sweetener)
- ☐ 0.5 cup unsweetened/unflavoured vegan protein powder (I use Sunwarrior Warrior Blend Natural)
- ☐ 1.5 cups rolled oats gluten-free
- ☐ 0.5 cup julienne-cut oil-packed sun-dried tomatoes

☐ 1 teaspoon vanilla extract pure

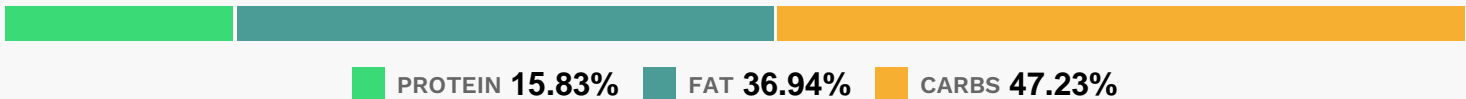
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ pot

Directions

- ☐ Line an 8-inch square pan with a piece of parchment paper.
- ☐ Mix the oat flour, protein powder, rice crisp, and salt together in a large bowl.
- ☐ Add in the nut/seed butter, maple syrup, and vanilla. Stir well to combine. If the mixture is a bit dry, add a splash of non-dairy milk and mix again.Press into pan and roll out with a pastry roller until smooth. Pop into the freezer.Melt the chocolate chips and coconut oil together in a small pot over low heat. When half of the chips have melted, remove from heat and stir until smooth.After freezing the bars for about 5-10 minutes, remove from freezer and slice into bars.
- ☐ Drizzle with melted chocolate and freeze again until set. Store in the freezer for a week or longer in an air-tight freezer bag or container.

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:5.64, Inflammation Score:-4, Nutrition Score:8.5608695875043%

Nutrients (% of daily need)

Calories: 182.86kcal (9.14%), Fat: 7.76g (11.94%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.88g (7.59%), Sugar: 9.55g (10.61%), Cholesterol: 0.04mg (0.01%), Sodium: 108.96mg (4.74%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Protein: 7.48g (14.96%), Manganese: 1.02mg (50.88%), Phosphorus: 162.62mg (16.26%), Copper: 0.32mg (15.83%), Magnesium: 60.26mg (15.07%), Vitamin B2: 0.25mg (14.59%), Folate: 45.96µg (11.49%), Iron: 2.03mg (11.28%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.92mg (9.19%), Vitamin B1: 0.12mg (7.69%), Vitamin B6: 0.13mg (6.35%), Fiber: 1.44g (5.76%), Calcium: 56.72mg (5.67%), Vitamin B3: 1.01mg (5.06%),

Selenium: 3.38µg (4.83%), Potassium: 104.68mg (2.99%), Vitamin B12: 0.07µg (1.22%)