

Homemade Oatmeal Raisin Protein Bars

Delicious and healthy protein bars are super easy to make and so much cheaper. These bars are packed with protein and fiber, perfect for a healthy breakfast or snack. Get ready to get addicted to making a batch every Sunday night!



Ingredients

- ☐ 2 cups of instant oatmeal
- ☐ 1 cup of raisins
- ☐ Half cup of raw almonds
- ☐ 2 scoops of protein powder
- ☐ 1/4 cup of Flax Seeds (optional)
- ☐ 1 big glob (1/2 cup) of 100% peanut butter - made with only peanuts
- ☐ 1 cup of water

Preparation

- ☐ place all contents into a mixing bowl
- ☐ Mix and smash by hand for 1-2 minutes
- ☐ roll into 6-8 small balls, squeeze and shape into round/flat ovals (like cliff bars)
- ☐ place in container separated by wax paper
- ☐ places in freezer for 1 hour
- ☐ Move and keep covered in the refrigerator



eat throughout week

Created By Marvin Russell - <https://marvlus.ai>