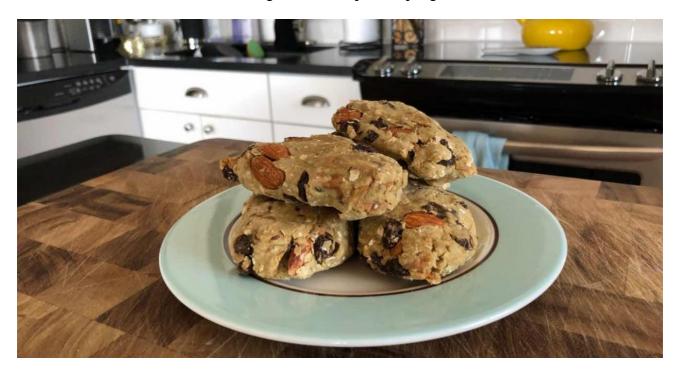
## **Homemade Oatmeal Raisin Protein Bars**

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!

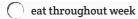


## **Ingredients**

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

## Preparation

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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



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