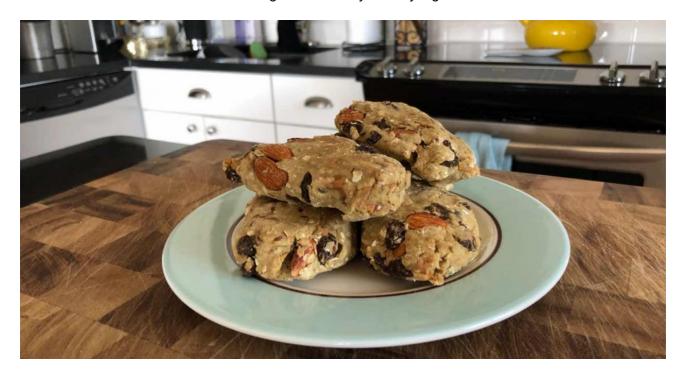
Homemade Oatmeal Raisin Protein Bars

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

eat throughout week

	2 cups of instant oatmeal
	1 cup of raisins
\bigcirc	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
\bigcirc	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	
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