

Almond Butter Banana Protein Bars

Enjoy this nutritious and tasty recipe for a quick and satisfying post-workout snack!

Serves: 10 bars | **Time:** 45 min

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup protein powder
- 1 cup almond butter
- ½ cup unsweetened apple sauce
- 2 very ripe bananas
- A dash of cinnamon

Directions:

1. Preheat oven to 350 degrees. Line a baking sheet with parchment.
2. Spread oats out onto a second unlined baking sheet in a thin layer, and toast until lightly browned (about 10 minutes); remove and allow to cool.
3. Mix together the cooled oats and protein powder, then add almond butter and unsweetened apple sauce. Mix. Mash the bananas into the mixture and stir to combine while adding cinnamon to taste.
4. Press the dough onto the parchment-lined baking sheet in a ½ inch layer.
5. Bake until the edges of the dough are golden brown (about 15 minutes); cut into bars while warm, and allow bars to cool. Wrap bars in plastic wrap and refrigerate until ready to use.



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