

Peanut Butter Pumpkin Protein Bars



PREP TIME:
10 MINUTES

CHILL TIME:
30 MINUTES

TOTAL TIME:
40 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 12-16 Servings

Ingredients:

- 1 ½ Cups Gluten Free Rolled Oats
- 1 Cup Organic Unsweetened Creamy Peanut Butter
- ¼ Cup Coconut Sugar
- 5 Medjool Dates – Pitted
- ¼ teaspoon Himalayan Sea Salt
- 1 TBSP Chia Seeds
- 1 TBSP Flax Seeds
- 1/3 Cup Vegan Vanilla Protein Powder
- 1/3 Cup Unsweetened Coconut Milk (*more if needed*)
- ¼ Cup Pumpkin Seed + 2 TBSP for Topping
- 1/3 Cup Cacao Nibs + 2 TBSP for Topping

Instructions:

1. Set aside a 9 X 9 baking pan lined with parchment paper.
2. In a food processor (with the single blade attachment), add the peanut butter, oats, sugar, dates, and salt. Mix or pulse until evenly combined.
3. Next add in the chia seeds, flax seeds, protein, and milk. Pulse until combined.
4. Pour in the ¼ cup pumpkin seeds and 1/3 cup cacao nibs. Pulse lightly just a few times.
5. Spread evenly, pressing down with a rubber spatula on the bottom of the 9 X 9 pan until level.
6. Sprinkle the top evenly with remaining pumpkin seeds & cacao nibs. Press down gently with spatula.
7. Freeze for 30 minutes. Remove from freezer & slice into 12-16 squares.
8. Keep refrigerated (in sealed container) for up to 1 week. Freeze for up to 3 months.

***Try and use all organic ingredients if possible.**

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