

ALMOND COCONUT PROTEIN BARS

BY: CHELSEA' MESSY APRON

PREP TIME: 10 MIN CHILLING TIME: 1 HR TOTAL TIME: 10 MIN SERVINGS: 12

INGREDIENTS

3/4 cup almond butter
2 tablespoons + 1/2 teaspoon
coconut oil, separated
4 tablespoons honey
2 teaspoons vanilla extract
1/4 teaspoon salt
2/3 cup Premier Protein Vanilla
Powder
3 tablespoons unsweetened
coconut flakes
3 tablespoons miniature
chocolate chips
3 tablespoons dark chocolate
chips

DIRECTIONS

Line an 8.5 x 4.5 inch bread pan with parchment paper or foil. Make sure to leave an overhang with the parchment paper/foil and set aside.

In a large bowl, add the almond butter, 2 tbsp of the coconut oil, and honey. Microwave for 10-15 sec and then stir until smooth and combined. Add in the vanilla extract, salt, vanilla protein powder, coconut flakes, and chocolate chips. Stir until

everything is combined and you have a thick dough. Press that dough into the prepared bread pan. Cover the bars and chill for one hour in the fridge.

Remove from the fridge and using the overhang, pull the bars from the bread pan. Cut the bars into 10-12 individual bars. Enjoy or add the chocolate drizzle.

To add the chocolate drizzle, combine the chocolate chips and remaining 1/2 teaspoon coconut oil in a microwave safe bowl.

Microwave in bursts of 15 seconds, stirring in between each burst for 10 seconds until the chocolate is smooth. Transfer the chocolate to a bag and cut off the tip of the bag. Drizzle the chocolate over the bars and allow to set up at room temperature.