

Birthday Cake Protein Bars



prep time
~10 minutes



total time
~30 minutes



servings
8 bars

Ingredients

- 1 cup/120 grams almond flour
~ 4 servings of fat
- ½ cup/60 grams oat flour
~ 2 servings of carb
- ½ cup/8 TBSP nut or seed butter
~ 8 servings of fat
- ½ cup/60 grams vanilla protein powder
~2.5 servings of protein
- 3 TBSP milk of choice (more if needed)
- 1/3 - 1/2 cup maple syrup
~5 to 8 servings of carbs
- 1 ½ teaspoon vanilla extract
- 3 TBSP rainbow sprinkles
- Dash of sea salt

🍴 dessert

🍴 treats

Instructions

- 1 Combine all ingredients except for sprinkles and milk in a medium sized bowl.
- 2 Stir to combine, then knead with your hands until a dough is formed. Slowly add in milk until a nice thick, but not too wet consistency. Add in 2 tbsp of the rainbow sprinkles and mix thoroughly.
- 3 Press mixture VERY FIRMLY into a parchment lined 8x8 pan or dish. For thicker bars, just don't press the mixture all the way to the edge.
- 4 Press the rest of the sprinkles into the bars. Freeze for about 30 minutes to set.
- 5 Remove from the freezer and cut into bars. Store in the refrigerator.



Whole Recipe Breakdown:

Protein Servings: 2.5

Carb Servings: 7-10

Fat Servings: 12

Veggie Servings: 0

