

Protein Bar

DIGITAL RECIPE CARD

Protein Bar

6 servings

⌚ 60 minutes

A delicious grab and go snack with protein to keep you full for longer!

Ingredients

1/2 cup protein powder
1 cup of vanilla extract
1/2 cup of maple syrup
1/2 cup of coconut oil
1/2 cup of honey
1/4 cup + 1 tbsp of almond
flour
1 scoop of vanilla protein
1/2 cup of blueberries

1. Mix wet ingredients
2. Spread on
3. Place in the
square and

SHOP
NOW

Ipad Protein Breakfast In The Us

Brendan G. Carr

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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