



# HOMEMADE PROTEIN BARS

Loren C Dietitian ©

## INGREDIENTS

- 1 cup protein powder
- 1/3 cup pepitas
- 1/3 cup sunflower seeds
- 1/3 cup flaked coconut
- 2 tbspn chia seeds
- 2 tbspn sesame seeds
- 1/3 cup goji berries and/or cranberries
- 2 tspn cinnamon
- Pinch salt
- 1/3 cup of Queens sugar free maple syrup

## METHOD

1. Preheat oven to 170 degrees C
2. Line a 20cm x 30cm baking dish with baking paper
3. Place everything except the maple syrup in a food processor and pulse to combine.
4. Add the maple syrup and slowly until the mixture holds together when pressed (you may not need all of the syrup).
5. Place the mixture in the baking dish and use the back of a metal spoon to press it down. If you dip the spoon in water first it is easier as the mixture does not stick to it.
6. Bake for 10 minutes.
7. Allow to cool and cut into 12 bars.