

No-bake peanut butter protein bars

by *Blonde Ponytail*

<http://blondeponytail.com/2010/11/no-bake-peanut-butter-protein-bars/>



Time to make

15 min + chill in refrigerator
for 1 hour or more

Makes 24 bars

Ingredients

- 2 cups creamy peanut butter (no salt)
- 1 ¼ cups honey
- 2 cups protein powder
- Between half a cup and 1 cup rolled oats
- ¼ cup chia seeds

Recipe

- 1 Start with the creamy peanut butter and honey.
- 2 Heat for 90 seconds in a microwave-safe bowl, then stir.
- 3 Add protein powder.
- 4 Mix completely, then add rolled oats. Start with half a cup, and add more if you want firmer consistency.
- 5 Add chia seeds and mix again.
- 6 Place the mixture in a pan and refrigerate.
- 7 Wrap and stash it in your backpack for after the lecture, congratulating yourself on resisting the *Snickers*®.

