



## Easy Protein Granola Bars

### Description

This 4-ingredient **protein granola bar recipe** takes 5 to 10 minutes to make and yield thick, chewy and satisfying bars. 20 grams of protein each.

Easy to customize. I'll give you the base recipe (my favorite!) plus a handful of flavor combos so you can make them your own.

20 grams of protein per bar. Making them the perfect morning, midday, or post-workout snack.

- PREP: 2minutes mins
- COOK: 5minutes mins
- TOTAL: 7 minutes

### Ingredients

- 3 cups rolled oats
- 1 1/2 cups protein powder \* See notes
- 1 cup peanut butter smooth and creamy \*\* See notes
- 1/2 cup honey or brown rice syrup \*\*\* See notes
- 1/2 cup chocolate chips optional

### Instructions

- Line an 8 x 8 pan with parchment paper and set aside.
- In a large mixing bowl, combine your rolled oats and protein powder and mix well. In a microwave safe bowl, add your peanut butter and honey and microwave in 20-second spurts until the peanut butter has softened. Whisk together until smooth and thick.
- Add the wet ingredients into the dry ingredients and mix until combined. If using chocolate chips, fold them through at the end.
- Transfer the mixture into the lined pan and press down on top until smooth. Refrigerate the bars for at least an hour to firm up. Once firm, slice into 20 bars.

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## Notes

If your mixture is too thick, add a few tablespoons of water to loosen it.

\* Vanilla or plain flavored protein powder. Brown rice protein powder, casein protein powder, and some whey protein powder blends are preferred.

\*\* Almond butter or a nut-free alternative will also work.

\*\*\* You can use maple syrup but it won't be held together as well.

**TO STORE:** High protein granola bars are best stored in the refrigerator, covered, for up to 4 weeks.

**TO FREEZE:** Place individually wrapped bars in a ziplock bag and store them in the freezer for up to 6 months.

## Flavor variations

- **Dark chocolate.** Dip the prepared bars in melted dark chocolate. Refrigerate them until the chocolate has firmed up.
- **Coconut chocolate chip.** Fold through 1/4 cup of shredded coconut flakes and 1/4 cup of mini chocolate chips.
- **Monster cookie.** Fold through 1/2 cup of mini M&M candies, along with the chocolate chips.
- **Salted caramel.** Drizzle 1/2 cup of **vegan caramel** on top and sprinkle with coarse sea salt.
- **Cherry almond.** Fold through 1/4 cup of dried cherries and 2 tablespoons of chopped almonds. For a more intense almond flavor, use almond butter.
- **Cinnamon raisin.** Fold through 1 tablespoon of cinnamon and 1/4 cup of raisins.
- **White chocolate cranberry.** Fold through 1/4 cup of white chocolate chips and 1/4 cup of dried cranberries.

## Nutrition

Serving: 1 serving Calories: 148 kcal Carbohydrates: 18 g Protein: 20 g Fat: 8 g Sodium: 86 mg Potassium: 182 mg  
A: 27 IU Vitamin C: 0.1 mg Calcium: 50 mg Iron: 2 mg NET CARBS: 16 g

## Category

1. High Protein Recipes

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