



## No-Bake Healthier Snickers Bars: High-Protein Treat

### Description

Craving a sweet snack without the guilt? These **No-Bake Healthier Snickers Bars** are high in protein, easy to make, and require no baking. Layered with a protein-packed base, nutty filling, and a chocolate coating, they're perfect for a quick energy boost or a post-workout treat.

### Ingredients

#### Layer One

- 1/3 cup vanilla protein powder
- 1/4 cup almond flour
- 1 tbsp maple syrup
- 2 tbsp non-dairy milk

#### Layer Two

- 1/3 cup peanut butter (or any nut/seed butter)
- 1 tbsp coconut oil (melted)
- 1 tbsp maple syrup
- 1 pinch sea salt
- 1/4 cup peanuts (+ more for topping)

#### Chocolate Coating

- 1 cup chocolate chips
- 1 tbsp coconut oil

### Instructions

1. **Prepare Layer One:** Combine the ingredients for layer one in a bowl and mix well. Press the mixture firmly into a silicone ice tray, muffin tin, or muffin liners.

2. **Prepare Layer Two:** In a separate bowl, mix all layer two ingredients except the peanuts. Stir in the peanuts and spread this mixture evenly over layer one. Add extra peanuts on top. Freeze for 1-2 hours.
3. **Make the Chocolate Coating:** Melt the chocolate chips and coconut oil in 30-second intervals in the microwave, stirring between each interval until smooth.
4. **Coat the Bars:** Remove the bars from the freezer and tray. Dip each bar into the melted chocolate and place them on a parchment paper-lined plate or tray. Sprinkle with a pinch of sea salt.
5. **Set and Serve:** Return the bars to the freezer to harden. Once firm, enjoy your high-protein, no-bake Snickers bars!

#### Category

1. High Protein Recipes

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