



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, theyâ??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 1â??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

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