Homemade Oatmeal Raisin Protein Bars

Delicious and healthy protein bars are super easy to make and so much cheaper. These bars are packed with protein and fiber, perfect for a healthy breakfast or snack. Get ready to get addicted to making a batch every Sunday night!



Ingredients

- [ ] 2 cups of instant oatmeal
- [ ] 1 cup of raisins
- [ ] Half cup of raw almonds
- [ ] 2 scoops of protein powder
- [ ] 1/4 cup of Flax Seeds (optional)
- [ ] 1 big glob (1/2 cup) of 100% peanut butter - made with only peanuts
- [ ] 1 cup of water

Preparation

- [ ] place all contents into a mixing bowl
- [ ] Mix and smash by hand for 1-2 minutes
- [ ] roll into 6-8 small balls, squeeze and shape into round/flat ovals (like cliff bars)
- [ ] place in container separated by wax paper
- [ ] places in freezer for 1 hour
- [ ] Move and keep covered in the refrigerator

eat throughout week

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