

## [PEANUT BUTTER OATMEAL PROTEIN BAR RECIPE](#)



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### **Peanut Butter Protein Bars Fit Foodie Finds**

Add in the rest of the ingredients to your food processor and process on high for 1 to 2 minutes, stopping often to scrape the sides. You'll want to make sure you use a drippy peanut butter for this recipe (Trader Joe's or Kirkland brands are the best). At this point, the dough should be similar to cookie dough.

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### **Peanut Butter Protein Bars Recipe Genius Kitchen**

Add the protein powder and mix well. Add the oats. You don't want to cook it, just warm it through so you can stir it. Add more milk if it is too thick to stir. Press in a 9" x 13" pan. Let the bars sit until cool, and cut into 16 equal sized bars. Wrap each bar in foil or Saran wrap and store in plastic baggies. They do not need refrigeration.

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### **4 Ingredient No Bake Peanut Butter Oatmeal Protein Bars**

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### **Peanut Butter Banana Protein Bars Recipe Allrecipes.com**

Spread oats out onto an unlined baking sheet in a thin layer, and toast until lightly browned, about 10 minutes; remove and allow to cool. Mix together the cooled oats, protein powder, whole wheat flour, and flax seed until thoroughly combined, and mix with peanut butter and honey. Mash the bananas into the mixture, and stir to combine.

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### **Peanut Butter Oatmeal Protein Bars No Bake Vegan**

Those oatmeal protein bars are made with 6 simple ingredients 100% vegan: Peanut butter; Brown rice syrup you can use maple syrup instead by I prefer brown rice syrup as it is less sweet and release slower in my body after sport; Rolled Oats and Jumbo Oats I used a combo of jumbo size oat and rolled oats to add some texture in my bars.

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### **No Bake Peanut Butter Oatmeal Protein Bars**

Later, granola. Next time you're craving a clean, on-the-go treat, reach for these delicious no-bake peanut butter protein bars instead.

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### **4 Ingredient No Bake Chocolate Peanut Butter Cup Oatmeal**

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### **No Bake Peanut Butter Oat Bars Recipe**

These are basically protein bars that are adults will love them! No Bake Peanut Butter Oat Bars Oatmeal Lemon Bars Recipe

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