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DIY Protein Bars Healthy Bars In 5 Easy Steps

It's a recurrent scene at health food stores worldwide: people parked on the protein bar aisle reading the ingredient list and macronutrient breakdown of protein bar after protein bar. Eventually, somebody might settle on one, but a fair amount just sigh and return the bar to its place on the shelf.

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11 Healthy Homemade Protein Bar Recipes Daily Burn

These strawberry and coconut bars pack a serious amount of protein 17 grams per bar. Coat them in antioxidant-rich dark chocolate for an even more divine bite. Coat them in antioxidant-rich dark chocolate for an even more divine bite.

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No Bake Protein Bars Whey DAREBEE

We use it, again, because it's cheap. It raises the protein content of the bars and it adds flavour. We use vanilla but you can use any type of protein powder you want as long as it has a flavour if you use plain protein powder, your bars will come out plain. You can find a no-powder protein bar recipe here.

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16 Healthy Homemade Protein Bar Recipes Eat This Not That

Whether you enjoy these bars as a snack or healthy dessert alternative, you'll get over eight grams of protein from a combination of whey protein powders, walnuts and plain Greek yogurt. If you're a healthy eater with a soft spot for sweets, you'll love this ingenious take on the classic protein bar. Get the recipe from Running to the Kitchen.

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10 DIY Protein Bar Recipes With 5 Ingredients or Less

Never again, thanks to these easy homemade protein bar recipes. Each one can be whipped up in minutes, and requires just five or fewer ingredients most of which you probably have on hand already score! From cookie dough-flavored bars to brownie bites, these 10 healthy, DIY protein bars taste great, no long grocery list necessary.

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10 Best Whey Protein Bars Recipes Yummly

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