

Homemade Protein Bar Recipes



Basic Recipe

Makes approximately 6 bars

- 1 cup nuts – choose your favorites (Almonds, Walnuts, Cashews, Peanuts)
- 1 cup pitted dates
- Salt to taste

For extra added protein and amino acids add one scoop of Bio-Engineered Protein see <https://www.completeproteinpowder.com/>

Directions for All Recipes

- Add ingredients to Vitamix and blend on variable speed at level 5 using tamper to push everything down into blender
- When all ingredients are nicely chopped, switch to high speed while tamping ingredients down into blender.
- Blend until desired consistency
- Empty mixture into small pan with sides and press into pan to form bars of desired thickness
- Cut bars into desired size
- Wrap with wax paper or tin foil

Dr. Stern's Protein Bar Recipe

- 1 cup nuts – equal parts Almonds & Walnuts with a small handful of raw Pumpkin Seeds

- 7/8 cup pitted dates
- 1/8 cup Raisins
- Large pinch of Oat Bran
- Small handful of Organic Rolled Oats
- Salt to taste

Additional Recipes to Play With

Hot Fudge Brownie

- 1 cup walnuts (120 g)
- 1 and 1/3 cups pitted dates (220 g)
- 1 tsp pure vanilla extract
- 3-4 T cocoa powder (or even Dutch cocoa)
- optional: 1/8 plus 1/16 tsp salt
- optional: chocolate chips or even a piece of a chocolate bar or baking chocolate

Apple Pie

- 1 cup mixed almonds and walnuts
- 1 cup dates
- 1 cup mixed raisins and dried apple
- 2 tbsp cinnamon

For more great recipes visit <https://www.trulyhuge.com/cookbook.htm>