

GLAM PRO GRANOLA BARS



INGREDIENTS:

- 3 scoops Glam Pro
- 1/2 cup oats
- 1 cup pitted dates
- 1/4 cup chopped nuts, seeds, or unsweetened shredded coconut
- 1/4 cup maple syrup
- 2 tbsp nut or seed butter of choice

DIRECTIONS:

1. Chop Dates in a food processor or blender until they become very small pieces. It should be a dough-like consistency and bind together.
2. Place oats, protein powder, nuts/seeds, and dates in a bowl. Mix together.
3. Mix nut/seed butter with syrup in a microwave safe bowl, then melt in the microwave until warm (about 30 seconds).
4. Pour syrup/butter mixture into oat mixture and mix well. It will take a few minutes to thoroughly mix. Make sure all powder and ingredients are mixed in evenly.
5. Transfer mixture to a tray or baking dish lined with parchment paper and spread evenly into 6 inches by 8 inches.
6. Press down to flatten.
7. Cover in plastic and refrigerate for at least 20 minutes.
8. Cut into 6 even bars (2 x 4 inches).
9. Store in the refrigerator or freezer.

Enjoy!

Makes 6 Serving | 1 Serving = 1 Bar
Calories: 240 | Protein: 11 g | Carbs: 36 g | Fat: 6 g