

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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