

Choco Fever Dream

Homemade Protein Snickers Bars

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 2 cups rolled oats
- [ ] 2 scoops vanilla whey protein powder
- [ ] 1/2 cup natural peanut butter
- [ ] 1/4 cup honey
- [ ] 1/3 cup dark chocolate chips
- [ ] 1/2 cup roasted peanuts, chopped
- [ ] 1/4 cup dried dates, finely chopped (optional caramel boost)

Instructions

1. Line an 8x8 inch pan with parchment paper; set aside.
2. In a microwave-safe bowl, melt the dark chocolate chips with the honey for 30-seconds intervals, stirring until smooth.
3. Add the peanut butter to the melted chocolate, stir until fully incorporated; the mixture will become glossy.
4. In a large bowl, combine rolled oats and whey protein; pour the chocolate-peanut butter blend over, mixing until every oat is coated.
5. Fold in the chopped peanuts and optional date pieces for extra chew.
6. Press the mixture firmly into the prepared pan, smooth the top with a spatula.
7. Sprinkle a pinch of sea salt over the surface, then refrigerate for at least 15 minutes.
8. Remove from pan using the parchment, cut into twelve bars, and enjoy.

Nutrition per serving

210 kcal	12 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of almond milk.
- For extra caramel flavor, swirl in a spoonful of date paste before chilling.
- Store in a cool place if you prefer a softer texture, or keep in the fridge for firmer bars.