

Choco Fever Dream

Pumpkin Protein Bars – No-Bake Vegan Snack

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

Ingredients

Base Mix

- [ ] 1 cup canned pumpkin puree
- [ ] 1/2 cup almond butter
- [ ] 1/3 cup pure maple syrup
- [ ] 1 1/2 cups rolled oats
- [ ] 1/2 cup vanilla plant-based protein powder
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1/4 tsp ground ginger
- [ ] Pinch of sea salt

Optional Add-Ins

- [ ] 1/4 cup chopped walnuts
- [ ] 1/4 cup dried cranberries
- [ ] 2 tbsp vegan chocolate chips

Instructions

1. In a large bowl, whisk together the rolled oats, protein powder, cinnamon, nutmeg, ginger, and sea salt.
2. In another bowl, blend the pumpkin puree, almond butter, and maple syrup until smooth; I like to use a rubber spatula for that creamy texture.
3. Pour the wet mixture into the dry ingredients, stirring until everything is fully incorporated; if the batter feels too dry, add a splash of oat milk.
4. Fold in any optional add-ins—nuts, dried fruit, or chocolate chips—then press the mixture firmly into a 9x9-inch parchment-lined pan.
5. Refrigerate for at least 30 minutes until firm; cut into twelve bars before serving.

Nutrition per serving

180 kcal	8 g	20 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Press the mixture tightly to avoid crumbly bars.
- If bars are too sweet, reduce maple syrup by a tablespoon.
- Feel free to swap pumpkin for mashed sweet potato for a different flavor.