



PEANUT BUTTER PROTEIN BARS

The perfect addition to a fruit plate or snack for the afternoon coffee crowd. These bars can be wrapped and ready to add to anything.



PREP TIME
20 minutes



BAKE TIME
20 minutes



YIELD
24 bars

DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a 15 x 10 x 2 inches (37.5 x 25 x 5 cm) baking pan or two smaller pans with parchment paper.
2. In a very large bowl, stir together oats, nuts/seeds and salt. In another bowl, whisk together yogurt, peanut butter, maple syrup, eggs and chia seeds. Pour over oat mixture and stir well. Add chocolate and stir to distribute evenly.
3. Pour into prepared pan. Bake in center of oven for about 20 minutes or until golden and set. Let cool completely. Gently remove from pan and cut into bars.
4. Wrap individually and keep refrigerated for up to 6 days.

Egg Substitute: Omit eggs and use 3 ripe bananas, mashed well.

INGREDIENTS

- 6 cups (1.5 L) large flake oats
- 2 cups (500 ml) chopped nuts and seeds (see Tip)
- ¼ tsp (1 ml) salt
- 2 cups (500 ml) OIKOS 2% Vanilla Greek yogurt
- 2 cups (500 ml) creamy or crunchy peanut butter
- 1 ½ cups (325 ml) maple syrup
- 4 large eggs
- ¼ cup (60 ml) chia seeds
- 1 cup (250 ml) dark chocolate chunks or chips

TIP: Use a variety mixed nuts and seeds for a wonderful flavor combination in these bars. Use almonds, walnuts, pecans, pumpkin and sunflower seeds for a great texture.



Per serving (1 bar)

320	calories
17 g	fat
4 g	saturated fat
0 g	trans fat
34 g	carbohydrates
5 g	fibres
15 g	sugars
11 g	protein
30 mg	cholesterol
40 mg	sodium
300 mg	potassium
75 mg	calcium
2 mg	iron



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