

# Gluten Free Peanut Butter & Oatmeal Protein Bars

10 ingredients · 45 minutes · 10 servings



## Directions

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1. Set the oven for 350 Degrees F (177 C).
2. Line a casserole dish with parchment paper.
3. In a medium mixing bowl combine the 2 mashed bananas with the 2 whisked eggs, peanut butter, and maple syrup.
4. Fold in the 2 scoops of vanilla protein powder, the oats, optional ground flaxseed and sea salt and transfer to the lined casserole dish.
5. If your peanut butter is a little dry, you can add a small amount of dairy-free milk.
6. Top with chocolate chips and/or blueberries and place in the oven to bake for 20-25 minutes until the edges start to brown and the oats are firm to the touch.
7. Once finished baking, remove from the oven and allow to cool almost completely before cutting.
8. Cut equally into 10 pieces. You can store them in the fridge in an airtight container. If you are taking them for lunches, you can wrap individually for easy and convenient snacks. Enjoy!

## Ingredients

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- 2 Banana (ripe)
- 1/2 cup All Natural Peanut Butter
- 2 Egg
- 2 tbsps Maple Syrup (optional, or can increase to 1/4 cup)
- 2 cups Oats
- 1/2 cup Vanilla Protein Powder (2 servings)
- 2 tbsps Ground Flax Seed (optional)
- 1/8 tsp Sea Salt
- 1/4 cup Dark Chocolate Chips (for topping - measure as you like)
- 1/4 cup Frozen Blueberries (for topping)