



No-Bake Pumpkin Protein Bars

8 servings

15 minutes

Ingredients

- 1/2 cup Coconut Flour
- 3/4 cup Vanilla Protein Powder (1/4 cup = 1 scoop)
- 1 tbsp Unsweetened Almond Milk
- 1 tsp Pumpkin Pie Spice
- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Pureed Pumpkin
- 1/3 cup Walnuts (chopped)

Nutrition

Amount per serving	
Calories	239
Fat	13g
Saturated	2g
Carbs	17g
Fiber	6g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	29mg

Directions

- 1 Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
- 2 Add the coconut flour, protein powder, walnuts and pumpkin pie spice into a large mixing bowl and whisk to combine.
- 3 Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
- 4 Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk (and optional chocolate chips). Stir again until well combined. The dough will feel very thick.
- 5 Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
- 6 Remove the dough from the fridge and slice into even bars. Store in the fridge until you are ready to eat. Enjoy!

Notes

Nut-Free: Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Storage: Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.