

PUMPKIN PROTEIN BARS



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
191 kcals
11g Carbs
9g Fats
12g Protein

Ingredients:

- 1/4 cup (60g) pumpkin puree
- 1/4 cup (65g) cashew or almond butter
- 4 tbsp pea protein powder
- 4 tsp coconut sugar
- 1 tbsp almond milk
- 1 tsp pumpkin spice
- 2 squares dark chocolate

Preparation:

1. Mix all the ingredients (except the chocolate) together until you get a dough that you can shape with your hands.
2. Divide your dough into 4 balls then shape into bars.
3. Melt the chocolate in a bain-marie or in a microwave and coat each bar.
4. Chill in the refrigerator until chocolate has set.

