

1st

®

Level-1™ No-Bake “Clean” Protein Bars

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- 2 cups quick oats
- ½ cup natural peanut butter
- 4 scoops vanilla cream or milk chocolate Level-1™
- 1 tbsp ground flaxseeds
- 6 packets of Splenda or Stevia sweetener
- 1 cup water

Each bar has roughly:

Calories: 230

Fat: 10 g

Carbohydrates: 20 g

Protein: 15 g

1. Mix all the dry ingredients together in a large bowl with the peanut butter and ½ cup water. Add the other ½ cup of water if the mixture is too sticky.
2. Spread the mixture with a spatula into a small square baking pan lined with wax paper.
3. Freeze for 30 minutes then remove from the freezer and cut into squares.
4. Store in the fridge....if you have any left over!!!

This makes about 9 bars and they are awesome! Plus your body will actually *use* the protein in them!