

# Protein-Granola Bars

## Ingredients

### **DRY**

1.5 c. Oats  
½ c. shredded coconut (sweetened or unsweetened)  
½ c. dried cranberries  
½ c. dark chocolate chips  
¼ c. almonds, chopped  
3 scoops vanilla or chocolate protein powder  
2 Tbsp. flax seeds  
1.5 tsp. cinnamon

### **WET**

1 ripe banana  
½ c. agave  
½ c. peanut butter  
1 tsp. vanilla extract

## Nutrition Information

- Servings per recipe: 15
- Calories: 220.7
- Total Fat: 10.9 g
- Cholesterol: 11.0 mg
- Sodium: 53.3 mg
- Total Carbohydrates: 26.3 g
- Dietary Fiber: 3.6 g
- Protein: 8.0 g

## Directions

1. Combine all dry ingredients in a large bowl. In a smaller bowl, mash ripe banana, and add all wet ingredients.
2. Pour wet ingredients into the bowl of dry ingredients, and mix well.
3. Spread mixture into 8x8 or 9x9-inch baking dish lined with waxed paper. Press until flat.
4. Place dish in freezer for a few hours, or until firm. Remove from dish and carefully cut into squares/bars. For easy grab-and-go snacks, wrap bars individually in plastic wrap.

\*Store in fridge or freezer for up to one month. These bars soften quickly at room temperature.