

Gluten-Free Low-Carb Blueberry Lime Protein Bars

Makes 12-16.

Ingredients:

- 3/4 Cup Almond Flour
- 2 Scoops Natural Protein Powder (plain whey works great)
- 6 Packets Stevia
- ½ Tsp Baking Soda
- ¼ Tsp Sea Salt
- 1 1/4 Cups Egg Whites
- 1 Cup Pureed Blueberries
- Zest of 1/2 Lime
- 1 Tbsp Vanilla Extract
- 1/2 Squeeze Lime (pulp included)
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Instructions

1. Preheat oven to 350.
2. Place all ingredients in your food processor and blend until smooth.
3. Lightly spray 8×8 baking dish with a healthy oil (extra virgin olive oil or coconut oil).
4. Place batter evenly in baking dish.
5. Bake for 25-30 minutes (check them at the 20 minute mark and keep an eye on them for the last 10 minutes).
6. Remove from the oven, cut into 16 servings.
7. Feel free to wrap each individual serving up for quick-to-go snacks or place in a container and store in the fridge. Make sure to always store these protein bars in the fridge as there are no preservatives in this recipe.
8. Enjoy!

Easy Ketogenic Energy Bars (paleo, high-fat, low-carb)

Ingredients

- 1 cup coconut oil, melted
- 1 cup macadamia nut butter (almond butter ok, too)
- 1/2 cup no-junk protein powder (I love [Bone Broth Protein Powder](#))
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- 1 cup shredded unsweetened coconut
- 1/2 cup dried cranberries (or raisins or dried cherries)
- 1 cup slivered almonds (or pecans, walnuts, hazelnuts)
- 1/2 cup cacao nibs
- 1/4 teaspoon salt
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- 1 teaspoon cinnamon (optional)

Instructions

1. Utensils:
2. parchment paper
3. small rimmed rectangular or square baking sheet/cake pan (mine's about 6x8 with 2 inch rim)
4. mixing bowl
5. whisk
6. large knife
7. cutting board
8. Directions
9. Whisk coconut oil, nut butter and protein powder in a medium bowl until smooth. Add remaining ingredients and stir. Line baking sheet/cake pan with parchment paper, making sure it goes all the way up the sides. Pour in batter, and don't let the batter touch the actual pan or it will be very messy to remove. Cover and refrigerate for about 2 hours or until solid. Lift bars out with parchment paper underneath and cut into squares on a cutting board (as pictured).
10. Store bars in refrigerator!! This recipe must be kept pretty cold. If they get too warm, the coconut oil will melt and they will turn back into a puddle.

Homemade Healthy Energy Bars

Serves: 6-8

Ingredients

- ½ cup pumpkin seeds
- ¼ cup hemp seeds
- ¼ cup sunflower seeds
- 2 tablespoons chia seeds
- ¼ cup rolled oats
- 2 tablespoons goji berries
- 8 Medjool dates
- 3 tablespoons coconut oil
- 2 tablespoons cacao powder

Instructions

1. Place all of the ingredients in a food processor and begin to chop slowly. Increase the speed as you begin to notice the ingredients mixing together.
2. Once the ingredients are mixed together, remove from the food processor, and place into an 8x8 dish. Make sure to press down with your spoon or spatula to create a large, compact square.
3. Place in the refrigerator for roughly 1-3 hours before cutting into squares. Enjoy!

Notes

Please use all organic ingredients if possible

Protein Balls

- ½ cup plus 2 tablespoons shredded coconut, unsweetened
- ½ cup raw almonds
- 2 tablespoons hemp seeds
- 1 cup dates
- 1 tablespoon coconut oil
- ½ teaspoon vanilla extract
- ¼ cup almond butter
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cardamom
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cloves
- ¼ teaspoon allspice
- ¼ teaspoon fine grain sea salt

Preparation

1. Toast 2 tablespoons of shredded coconut until lightly browned.
2. Pulse almonds and ½ cup shredded coconut in a food processor until completely ground (no chunks of almonds!).
3. Add the remaining ingredients, except for the 2 tablespoons of toasted coconut, and blend in the food processor until all ingredients are combined into a dough-like consistency.
4. Press chunks of the dough into a ball in your hands, then roll dough into balls with the palms of your hands. If you'd like, roll them in the toasted, shredded coconut.

Store in the refrigerator in a glass container. They will firm up in the fridge because the coconut oil will cause them to ~~set~~ set at that cooler temperature.

If you want them to be a little softer, feel free to set them out on the counter for 10 to 15 minutes before eating. As you chew them slowly, they will feel like they are melting in your mouth.