

Treasure Barrel

No Bake Protein Bar – Easy Vegan Gluten-Free Recipe

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 2 cups gluten-free rolled oats
- [ ] 1 cup vanilla plant-based protein powder
- [ ] 1/2 cup almond butter
- [ ] 1/3 cup pure maple syrup
- [ ] 1 cup Medjool dates, pitted
- [ ] 2 tbsp chia seeds

Optional Add-Ins

- [ ] 2 tbsp cocoa nibs
- [ ] 1/4 cup shredded coconut
- [ ] 1 tsp vanilla extract

Instructions

1. If the dates are a little dry, soak them in warm water for 5 minutes, then drain.
2. In a food processor, pulse the oats and protein powder until finely ground.
3. Add the soaked dates, almond butter, maple syrup, and chia seeds; blend until a sticky dough forms.
4. Stir in any optional add-ins, then press the mixture firmly into a parchment-lined 8×8-inch pan.
5. Refrigerate for at least 30 minutes, then cut into twelve bars.

Nutrition per serving

210 kcal	8 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Press the mixture tightly to avoid crumbly edges.
- If the mixture feels too wet, add a tablespoon of ground flaxseed.
- Feel free to swap maple syrup for agave nectar for a milder flavor.