

Homemade Protein Bar Recipes

Basic Recipe

- *Makes approximately 6 bars*

- 1 cup nuts – choose your favorites (Almonds, Walnuts, Cashews, Peanuts)
- 1 cup pitted dates
- Salt to taste

Directions for All Recipes

- Add ingredients to Vitamix and blend on variable speed at level 5 using tamper to push everything down into blender
- When all ingredients are nicely chopped, switch to high speed while tamping ingredients down into blender.
- Blend until desired consistency
- Empty mixture into small pan with sides and press into pan to form bars of desired thickness
- Cut bars into desired size
- Wrap with wax paper or tin foil

Dr. Stern's Protein Bar Recipe

- 1 cup nuts – equal parts Almonds & Walnuts with a small handful of raw Pumpkin Seeds
- 7/8 cup pitted dates
- 1/8 cup Raisins
- Large pinch of Oat Bran
- Small handful of Organic Rolled Oats
- Salt to taste

Additional Recipes to Play With

(I found these online)

Hot Fudge Brownie

- 1 cup walnuts (120 g)
- 1 and 1/3 cups pitted dates (220 g)
- 1 tsp pure vanilla extract
- 3-4 T cocoa powder (or even Dutch cocoa)
- optional: 1/8 plus 1/16 tsp salt
- optional: chocolate chips or even a piece of a chocolate bar or baking chocolate

Apple Pie

- 1 cup mixed almonds and walnuts
- 1 cup dates
- 1 cup mixed raisins and dried apple
- 2 tbsp cinnamon

Banana Bread

- 1 cup almonds
- 1 cup dates
- 1 cup dried banana

Blueberry Muffin

- 1 cup cashews
- 1 cup dates
- 1 cup dried blueberries
- Zest and juice of 1 lemon
- 1 vanilla bean, scraped
- Cappuccino
- 1 cup mixed almonds and cashews
- 1 cup dates
- 1 cup coffee beans
- 1 vanilla bean, scraped

Carrot Cake

- 1 cup mixed almonds and walnuts
- 1 cup mixed dates and raisins
- 1 cup mixed dried pineapple, shredded coconut, and carrot
- 1 tbsp coconut oil
- 2 tbsp cinnamon

Cashew Cookie

- 1 cup cashews
- 1 cup dates

Cherry Pie

- 1 cup almonds
- 1 cup dates
- 1 cup dried cherries

Chocolate Chip Brownie

- 1 cup mixed almonds and walnuts
- 1 cup dates
- 1 cup chocolate chips
- 1/4 cup cacao powder

Chocolate Chip Cookie Dough

- 1 cup cashews
- 1 cup dates
- 1 cup chocolate chips

Ginger Snap

- 1 cup mixed almonds and pecans
- 1 cup dates
- 2 tbsp fresh ginger
- 1 tbsp mixed cinnamon and cloves

Key Lime Pie

- 1 cup mixed cashews and almonds
- 1 cup dates
- 1 cup shredded coconut
- Zest and juice of 1 lime

Lemon Bar

- 1 cup mixed cashews and almonds
- 1 cup dates
- Zest and juice of 1 lemon

Peanut Butter & Jelly

- 1 cup peanuts
- 1 cup dates
- 1 cup dried cherries

Peanut Butter Chocolate Chip

- 1 cup peanuts
- 1 cup dates
- 1 cup chocolate chips

Peanut Butter Cookie

- 1 cup peanuts
- 1 cup dates

Pecan Pie

- 1 cup mixed pecans and almonds
- 1 cup dates