

Long Livo

Copycat Reese’s Peanut Butter Protein Bars

20 min Prep time	**20 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup honey
- [ ] 1 cup rolled oats
- [ ] 1/2 cup whey protein powder (vanilla or unflavored)
- [ ] 1/4 tsp sea salt

Chocolate Topping

- [ ] 1 cup dark chocolate chips
- [ ] 1 tbsp coconut oil
- [ ] Optional: 2 tbsp chopped peanuts for extra crunch

Instructions

1. In a medium bowl, combine the rolled oats and protein powder; give them a quick stir so they’re evenly mixed.
2. Warm the honey slightly in the microwave (10-15 seconds) until it’s runny, then pour it over the oat mixture and add the peanut butter. Stir until a thick, glossy dough forms.
3. Press the dough firmly into a parchment-lined 8×8 inch pan, smoothing the top with the back of a spoon.
4. Melt the dark chocolate chips with coconut oil in a double boiler, stirring until smooth. fudgy brownies inspired this glossy finish.
5. Spread the melted chocolate over the pressed base, then sprinkle a pinch of sea salt and optional chopped peanuts.
6. Refrigerate for at least one hour, then lift the bars out using the parchment and slice into 12 even pieces.

Nutrition per serving

190 kcal	9 g	15 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too sticky, chill it for 5 minutes before pressing.
- For a softer bar, add an extra tablespoon of honey.
- Use a sharp knife warmed under hot water for clean cuts.