

Long Livo

Homemade Protein Bar – Quick & Easy Snack

15 min Prep time	**12 min** Cook time	**27 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 2 cups rolled oats
- [ ] 1 cup vanilla whey protein powder
- [ ] 1/2 cup almond butter
- [ ] 1/3 cup honey
- [ ] 1/4 cup dried cranberries, chopped
- [ ] 2 tbsp chopped almonds
- [ ] Zest of 1 lemon

Optional Mix-Ins

- [ ] 1/4 cup dark chocolate chips
- [ ] 1 tbsp chia seeds
- [ ] 1 tsp cinnamon

Instructions

1. Preheat the oven to 350°F (175°C) and line a 9×9-inch pan with parchment.
2. In a large bowl, combine almond butter and honey; stir until smooth and fragrant.
3. Add the protein powder, oats, lemon zest, and dried fruit; mix until everything is evenly coated.
4. Fold in any optional mix-ins like chocolate chips or chia seeds, then press the mixture firmly into the prepared pan.
5. Bake for 12-15 minutes until the edges turn a light golden brown; let cool completely before slicing.
6. Store bars in an airtight container. Enjoy as a quick snack or post-workout fuel.

Nutrition per serving

190 kcal	12 g	18 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of water or extra honey.
- Press the batter tightly; a compact bar holds together better.
- Feel free to swap lemon zest for orange zest for a different citrus note.