

Helergon Kitchen

# No Bake Protein Bar – Easy Vegan Gluten-Free Recipe

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| **15 min**<br>Prep time | **15 min**<br>Total time | **12**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Snack**<br>Course |

## Ingredients

### Main Ingredients

- [ ] 2 cups rolled oats
- [ ] 1 cup pea protein powder
- [ ] 1/2 cup almond butter
- [ ] 1/3 cup maple syrup
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

### Optional Add-Ins

- [ ] 1/4 cup chopped almonds
- [ ] 1/4 cup dried cranberries
- [ ] 2 tbsp chia seeds

## Instructions

1. In a large bowl, combine rolled oats and pea protein powder; stir until evenly mixed.
2. In a small saucepan over low heat, melt almond butter with maple syrup, stirring gently until smooth.
3. Remove from heat and whisk in lemon juice, vanilla extract, and a pinch of sea salt.
4. Pour the wet mixture over the dry ingredients, add any optional add-ins, and stir until the batter holds together.
5. Press the mixture firmly into a parchment-lined 8-by-8-inch pan; smooth the top with a wet spatula.
6. Refrigerate for at least two hours, then cut into 12 bars and enjoy.

### Nutrition per serving

| 210 kcal | 10 g | 22 g | 11 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the bars feel crumbly, add a little more maple syrup or a splash of plant milk.
- For extra chewiness, let the bars sit in the fridge overnight.
- Feel free to swap lemon juice for orange zest for a different citrus note.