

AWESOME PROTEIN BARS (Kim Devillier)

1 cup Peanut Butter**

1 cup Honey (local if possible)

2 scoops of protein powder / choc or vanilla or 1 scoop each

3 cups rolled oats (whole grain oatmeal)

¼ cup unsweetened coconut (optional)

¼ cup nuts (optional)

Mix together. Warm on stove.

Place in 9x13 pan lined with foil.

Place in fridge.

You do not need to keep them in fridge!

Non Daniel Plan Recipe -To make Daniel Plan-friendly, opt for nut butters that have no additives, preservatives, or unneeded sugars.