

Power Packed Protein Bars

These bars are simple. Delish. And packed full of high quality, plant based protein.

Feel free to mix things up a little! Switch out the walnuts for pecans. The blueberries for goji berries. Throw in 1/4 cup hemp or chia seeds, (just make sure to remove 1/4 cup of something else, (like the oatmeal).

As an added bonus, these are the perfect snack to throw into the vehicle on those busy after school days...you know the ones where you, the taxi is driving like a madwoman just to get the kids to each of their activities:o)