

3 Minute Protein Granola Bars

Ingredients

- 1 1/2 cups quick or rolled oats (120g)
- 1/4 tsp salt
- 1/2 cup butter, peanut butter, or allergy friendly sub
- 1/2 cup pure maple syrup, honey, or agave
- 2/3 cup protein powder - have fun with different flavors (70g)
- handful mini chocolate chips, optional

Stir all ingredients together until well-mixed. Transfer the mixture to an 8×8 pan lined with parchment or wax paper. Place another sheet of parchment or wax over the top and continue to smush down and spread until it fills the bottom of the pan. Refrigerate or freeze until firm, then cut into bars.