



Sweet & Nutty Protein Bars

Soft and chewy, these easy-to-make protein bars are high-protein snacks thanks to a blend of almonds, oats, flaxseeds, and peanut butter. Yum!

Serves 12 (1 serving = 2 oz bar)



Ingredients

- 2½ cups rolled oats, toasted
- ½ cup almonds
- ½ cup flaxseeds
- ½ cup peanut butter
- 1 cup dried cherries, blueberries or Craisins®
- ½ cup honey

Nutrition Per Serving

Calories	283 cal	Carbohydrates	39 g
Total Fat	13 g	Protein	7 g
Saturated Fat	2 g	Phosphorus	177 mg
Trans Fat	0 g	Potassium	258 mg
Cholesterol	0 mg	Dietary Fiber	5.8 g
Sodium	49 mg	Calcium	51 mg

Directions

1. Toast the oats by placing rolled oats on a baking sheet in a 350°F oven for 10 minutes or until golden brown.
2. Mix all ingredients together until well-mixed.
3. Press the protein mix down into a lightly greased 9" x 9" pan. Wrap and refrigerate for at least one hour or overnight.
4. Cut protein bars into desired squares then serve.

Recipe provided by Fresenius Kidney Care.

