



Apple Cinnamon Protein Bars

Ingredients

- 1 cup coconut flour ✓
- ½ cup almond flour ✓
- ½ cup protein powder ✓
- 2 tbsp. coconut sugar ✓
- 1tbsp. cinnamon ✓
- ½ cup agave ✓
- ¼ tsp. nutmeg
- ¼ cup peanut butter ✓
- ½ cup cashew milk
- ½ cup unsweetened applesauce

Instructions

- 1 Line a baking dish with greased parchment paper.
- 2 In a mixing bowl, combine both flours, protein powder, coconut sugar, cinnamon and nutmeg. Mix well.
- 3 In a sauce pan, melt peanut butter with agave. Combine wet and dry mixture and add applesauce.
- 4 Using a spoon, slowly add cashew milk to batter until it thickens.
- 5 Transfer mixture to baking dish and press firmly.
- 6 Refrigerate overnight or at least 1 hour.
- 7 Cut into squares & enjoy!

Notes

✓ Available for purchase in the PureFormulas Store

Adapted from: thebigmansworld.com

pureformulas <http://blog.pureformulas.com/>