

## **No Bake Chocolate Chip Protein Bars**

This is a great afterschool snack to tide kids (and adults!) over until dinner is ready. They soften up quickly at room temperature so make plenty and store in the freezer!

### **Ingredients**

½ C maple syrup or agave nectar  
½ C nut or seed butter  
1 ripe banana, mashed  
1 ½ C oats (rolled or quick, but not instant)  
½ C shredded unsweetened coconut  
½ C dried fruit (raisins, dates, cranberries, craisins, cherries, etc.)  
½ C chocolate chips (or carob chips)

Combine maple syrup, nut butter and banana thoroughly in a large bowl. Add oats, coconut, dried fruit and chocolate chips and stir to fully incorporate. Press mixture into an 8x8-inch pan lined with parchment paper, and freeze for a few hours. Remove mixture from pan and cut into 10 bars or squares. Wrap individually and store in freezer for a healthy grab-and-go snack!

### **Add Ins, Extras & Variations**

- For a firmer bar, add ¼ cup melted or softened coconut oil
- Use Christmas cookie cutters to make shapes
- roll finished product in cinnamon
- Add 2 to 4 tablespoons of cocoa powder for double chocolate bars
- Add chia seeds or flax seeds