



## August Newsletter

### Berry Protein Bars

**Makes 10 servings/bars**

**Macros per serving:**

**203 cals / 9 Protein / 34 Carbs / 4 Fat / 6 fiber**



#### INGREDIENTS

- 1 cup dry old fashioned oats
- 1 12 oz package pitted medjool dates (found in the health section or amazon)
- 1 cup frozen raspberries
- 3 scoops Strawberry Natural Phormula-1
- 1 tsp vanilla extract
- 1 tbl chia seeds
- 1 serving macadamia nuts (should be about ¼ cup)
- 1 serving cocoa powder (I used Ghiraardelli unsweetened)

#### DIRECTIONS

1. Add all ingredients except for the cocoa powder to a food processor and process until smooth. (You may need to scrape down the sides once and run one more time to get the powder completely mixed in with the dates as they get sticky).
2. Line an 8x8 dish or bread loaf dish with parchment paper and remove your mixture to the lined dish. Press down until mixture is spread evenly.
3. In a small bowl add the cocoa powder with water (½ tbl at a time) until the powder is completely absorbed and drizzle over the top of the mixture and place in the freezer to firm.
4. Remove and slice into 10 even slices. I store these in the fridge or freezer in an airtight container.