



January Newsletter

Buckeye Bars

Macros:

Macros: Makes 8 bars

Macros per bar: 197 cals / 12 P / 13 C / 11 F



INGREDIENTS

Bars:

- 2 ½ scoops Salted Peanut Butter Phormula-1
- ½ cup Natural Peanut Butter
- 1 tsp vanilla extract
- ½ tbl raw honey
- ¼ cup PB2 (almond or regular)
- ¼ cup milk (I used fairlife 2%)
- 1 single serve container unsweetened applesauce (about ¼ cup)

Drizzle:

- 4 tbl chocolate chips (I used Hue Brand)

DIRECTIONS

1. Add all bar ingredients to a bowl and whip together with a hand mixer or stand mixer until smooth.
2. Pour batter into a parchment lined bread loaf dish evenly and freeze for at least a couple hours.
3. Melt the chocolate in a small bowl in :30 increments until smooth and runny; pour over the top of the frozen bars and put back in the freezer to harden.
4. Carefully chop the bars into 8 equal servings and enjoy.

** I suggest storing this in the freezer and allowing it to sit at room temp for 5-10 minutes before enjoying each slice.