

SNACK

Glycemic Load: 12

Nutrition Facts

Serving Size 1/16 of recipe 65g (65 g)

Amount Per Serving

Calories 304 Calories from Fat 148

% Daily Value*

Total Fat 17g 27%

Saturated Fat 7g 34%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 109mg 5%

Total Carbohydrate 27g 9%

Dietary Fiber 6g 26%

Sugars 6g

Protein 15g

Vitamin A 0% • Vitamin C 1%

Calcium 5% • Iron 19%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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Nick's Power Bars

Ingredients:

Dry Ingredients

2 cups of [Quick Oats](#)

1 cup [Buckwheat Grouts](#)

10 scoops of [Whey Protein Powder](#)

1 cup [sunflower seeds](#)

¾ cup [shredded coconut](#)

½ cup [cashew nut pieces](#)

½ cup [flaxseeds](#)

½ cup [raisins](#)

1/3 cup [coconut sugar](#)

Wet Ingredients

3 Tbsp [coconut oil](#)

3 Tbsp [peanut butter](#) (crunchy or smooth)

Water

Method:

Combine all dry ingredients and mix well. Melt the coconut oil and peanut butter together in a pot and combine with the dry ingredients. Make sure its mixed in properly. Then add water a little bit at a time and test the consistency by squeezing the mixture to see if it binds. As soon as it feels like it will bind, press the mixture firmly and evenly into a tray and refrigerate for 1 hour. Once its set, cut into 16 pieces. Individually wrap if you choose to and keep refrigerated. There is no shelf life because you will eat them all before they have any chance of going off.

HINT: The size of the tray is up to you. The thicker the bars, the better they stay together.