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Vanilla Almond Protein Bar ♦♦

The Vanilla Almond Protein Bar is a delicious vegetarian recipe that is perfect for a quick and healthy snack. It is made with natural ingredients and packed with protein to keep you energized throughout the day. The combination of vanilla and almond flavors creates a tasty and satisfying treat.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Almond Butter
150 g	vanilla protein powder
100 g	Almond flour
80 g	Honey
2 tsp	vanilla extract

60 ml	almond milk
50 g	almonds
0.25 tsp	salt

Directions

Step 1

Mixing

In a mixing bowl, combine almond butter, vanilla protein powder, almond flour, honey, vanilla extract, almond milk, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Mix well until all the ingredients are fully combined and form a sticky dough.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Pressing

Line a baking dish with parchment paper and press the dough evenly into the dish.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Pressing

Sprinkle chopped almonds on top of the dough and press them gently to stick.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour to allow the bars to set.

Prep Time: 60 mins

Cook Time: 0 mins

Step 6

Cutting

Once set, remove from the refrigerator and cut into bars of desired size.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 12 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	9 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	30 mg	200%	200%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	8 mg	0.8%	0.8%
Iron	8 mg	100%	44.44%
Potassium	6 mg	0.18%	0.23%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Snack Supper

Difficulty Level

Medium

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