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## Apple Banana Protein Bars ♦

These Apple Banana Protein Bars are a delicious and nutritious snack option. They are packed with protein and make a great on-the-go breakfast or post-workout snack. The bars are made with natural ingredients and are free from any artificial additives. They are also gluten-free and suitable for those following a paleo or low-carb diet.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

150 g	Almond flour
100 g	protein powder
100 g	Dried Apples
150 g	Bananas
100 g	Almond Butter

<b>50 g</b>	Honey
<b>1 tsp</b>	Cinnamon
<b>1 tsp</b>	Vanilla Extract
<b>0.5 tsp</b>	Salt

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large mixing bowl, combine the almond flour, protein powder, dried apples, cinnamon, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a separate bowl, mash the bananas and mix in the almond butter, honey, and vanilla extract.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Pour the wet ingredients into the dry ingredients and mix until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Preparation

Transfer the mixture to the lined baking dish and spread it out evenly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake in the preheated oven for 25-30 minutes, or until the bars are golden brown and firm to the touch.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Step 7

Cooling

Remove from the oven and let cool completely before cutting into bars.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 12 g

**Protein:** 10 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
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	4 mg	4.44%	5.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Desserts

Sauces & Dressings

## Cultural

Chinese New Year

## Events

Picnic

Game Day

## Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

## Difficulty Level

Medium

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