



Healthdor

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Peanut Butter and Oat No Bake Protein Bar ♦♦

A delicious and healthy protein bar made with peanut butter and oats. It's a perfect snack for athletes and fitness enthusiasts.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 10

Serving Size: 30 g

Ingredients

200 g	peanut butter
200 g	Oats
100 g	protein powder
100 g	honey
50 ml	almond milk

1 tsp	vanilla extract
0.5 tsp	Salt

Directions

Step 1

Mixing

In a large bowl, mix together peanut butter, oats, protein powder, honey, almond milk, vanilla extract, and salt.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Pressing

Line a baking dish with parchment paper. Press the mixture into the dish and smooth the top.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate for at least 1 hour or until firm. Cut into bars and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
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	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
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	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	4 mg	0.12%	0.15%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Meal Type

Snack

Supper

Difficulty Level

Medium

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