



BREAKFAST PROTEIN BARS

INGREDIENTS

- 2 cups of rolled oats
- 1 cup of protein powder, any flavor
- 1/2 cup of chopped nuts like almonds, walnuts, or pecans
- 1/2 cup of dried fruits like raisins, cranberries, or apricots
- 1/4 cup of sunflower seeds or chia seeds
- 1/2 cup of honey or maple syrup
- 1/2 cup of peanut butter or almond butter
- 1 teaspoon of vanilla extract
- A dash of ground cinnamon, optional
- A pinch of salt

DIRECTIONS

1. Preheat the Magic Oven
Set your oven to 350°F (175°C). It's time to warm up for our protein bars!
2. Mix the Dry Ingredients In a large mixing bowl, combine the oaty goodness, nutty power, nutty crunch, dried fruit jewels, and seed power. Stir well to mix everything together.
3. Heat the Wet Ingredients In a small saucepan over low heat, combine the honey sunshine, peanut butter bliss, and vanilla essence. Stir continuously until the mixture is smooth and well combined. Remove from heat.



4. Press into the Pan: Line an 8x8-inch baking pan with parchment paper. Pour the granola mixture into the pan and press it down firmly with the back of a spoon or your hands.

5. Bake the Protein Bars: Place the pan in the oven and bake for about 15–20 minutes, or until the edges are golden brown.

6. Cool and Cut: Remove the pan from the oven and let it cool completely. Once cooled, lift the granola out of the pan using the parchment paper and cut it into bars.

7. Serve and Enjoy: Your Breakfast Protein Bars are ready! Serve them as a quick breakfast or a tasty snack.

FUN TIPS

Chocolatey Fun: Add a handful of chocolate chips to the mixture for a chocolatey surprise.

Coconut Twist: Sprinkle some shredded coconut on top before baking for a tropical flavor.

Make It Extra Sweet: Drizzle a little extra honey or melted chocolate on top before serving for an extra sweet treat!

NOTES

Hooray, little chefs! You've just made a batch of delicious Breakfast Protein Bars. These fun and tasty treats are perfect for any time you want a nutty, energizing breakfast. Share them with your family and friends, and enjoy the smiles they bring. Keep cooking and having fun in the kitchen. Who knows what delicious dish you'll create next? Happy cooking!

