



## No-Bake Pumpkin Protein Bars

8 servings

15 minutes

### Ingredients

- 1/2 cup Coconut Flour
- 1/4 cup Vanilla Protein Powder
- 3/4 tsp Pumpkin Pie Spice
- 1/2 cup Almond Butter
- 1/3 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Pureed Pumpkin
- 1 tbsp Unsweetened Almond Milk
- 1/2 cup Dark Chocolate Chips
- 1 tbsp Coconut Butter (melted)

### Nutrition

Amount per serving	
Calories	280
Fat	16g
Carbs	25g
Fiber	5g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	25mg
Potassium	192mg
Vitamin C	1mg
Calcium	90mg
Iron	2mg
Vitamin D	1IU
Folate	11µg
Vitamin B12	0.1µg
Magnesium	56mg
Zinc	1mg

### Directions

- 1 Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
- 2 Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
- 3 Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
- 4 Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
- 5 Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
- 6 Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

### Notes

**Nut-Free:** Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

**No Coconut Butter:** Omit, or use melted chocolate as a drizzle instead.

**Storage:** Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.