



Protein Bar Recipe (12 bars @ 55g each)

Name: K-BAR "Maple Magic"

Consistency: Soft & Nutty/Seedy

Recipe Type: Gourmet Protein Bar

Ingredient:	Type:	g's:
Maple Pecan Butter	Base	368
Fiber Syrup	Base	103
Whey Protein Isolate	Protein Powders & Flours	114
Coconut Oil	Flavor & Texture Enhancers	14
Maple Sugar Flakes	Flavor & Texture Enhancers	13
Flaxseeds	Nuts & Seeds	14
Pecans	Nuts & Seeds	13
Banana	Dried Fruit	12
Bee Pollen	Boosters	7
Maple Flavor	Flavor Oils	1
Sea Salt	Boosters	1

For mixing instructions, nutrition facts, pictures, reviews and more protein bar recipes, visit our online recipe book! Click the link below!

www.thebarshack.com/protein-bar-recipes