



## Protein Bar Recipe (12 bars @ 55g each)

**Name: MKJ Marketing Mind Power**

**Consistency: Soft & Chewy**

**Recipe Type: Original Protein Bar**

Ingredient:	Type:	g's:
Coconut Nectar	Base	148
Sunflower Butter	Nut & Seed Butters	159
Dates	Base	124
Pea Protein	Protein Powders & Flours	46
Brown Rice Protein	Protein Powders & Flours	46
Coconut Flour	Protein Powders & Flours	46
Chia Powder	Boosters	26
Choc. Chips	Flavor & Texture Enhancers	20
Chia Seeds	Nuts & Seeds	13
Hazelnuts	Nuts & Seeds	13
Water	Liquid	7
Strawberries	Dried Fruit	6
Banana	Dried Fruit	6

**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](http://www.thebarshack.com/protein-bar-recipes)