



Protein Bar Recipe (12 bars @ 55g each)

Name: Brucie Buster

Consistency: Soft & Nutty/Seedy

Recipe Type: Cheat Day Protein Bar

Ingredient:	Type:	g's:
Peanut Butter	Base	363
Vegan Blend	Protein Powders & Flours	110
Fiber Syrup	Base	100
Oats	Texture & Flavor Enhancers	20
Raisins	Dried Fruit	13
Cocoa Rice Crisps	Texture & Flavor Enhancers	11
Almonds	Nuts & Seeds	11
Chia Seeds	Nuts & Seeds	11
Cinnamon	Boosters	7
Vanilla Extract	Texture & Flavor Enhancers	7
Cranberries	Dried Fruit	6
Caramel Flavor	Flavor Oils	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