



Ashley's Meal Prep Monday!



Samoa Cookie Protein Bars - No Baking Required!

INGREDIENTS

Base:

- 1 1/3 cup almond flour
- 1 cup oat flour
- 1/4 cup maple syrup
- 1/3 cup melted coconut oil

Filling:

- 1 1/2 cups medjool dates (pitted)
- 2/3 cup vanilla protein powder (I used Truvani)
- 1/3 cup shredded coconut
- 1/4 cup almond milk
- 2 TSP vanilla
- 1/3 cup almond butter

Topping:

- 3/4 cup dairy free chocolate chips
- 1 TSP coconut oil
- more shredded coconut



Combine almond flour, oat flour, maple syrup and melted coconut oil in a bowl. Mix until it forms a dough-like consistency. Line an 8x8 inch baking dish with parchment paper and evenly press the base mixture into the bottom.

In a food processor or blender, blend the dates, protein powder, shredded coconut, almond milk, vanilla and almond butter until smooth and sticky - you may need to add a little extra almond milk. Spread the filling evenly over the base layer, pressing down gently with a spatula. Place the pan in the freezer for 2 hours to let the layers firm up.

Melt the chocolate chips and coconut oil and spread over the top, sprinkle with extra shredded coconut if desired.

Freeze for another hour to allow the chocolate to set. Cut into squares once fully chilled and enjoy!

Recipe: www.upbeatandkaleingitblog.com

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