GLOBAL · DESSERT · SNACK

High-Protein Chocolate Peanut Butter Oat Bars (Sugar-Free)

35 min · plus 20 minutes cooling · Makes 6 × 1 bar · 206 kcal a portion · Video 3:09 · Felu - Fit by cooking

Vegetarian

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No sugar is added: the milk and the vanilla casein do the sweetening, with oats, cocoa and peanut butter. Each bar has about 15 g protein, 5 g fibre and 19 g net carbs.

Diet notes: Low saturated fat (2.1 g, 9% of the energy); DASH-friendly (110 mg sodium a serve).

Ingredients

7 · MAKES 6 × 1 BAR

- [ ] 5 oz **rolled oats** (or quick oats)
- [ ] 1 oz **cocoa powder** (natural or Dutch)
- [ ] 1¾ oz **creamy peanut butter**
- [ ] 2 oz **vanilla casein protein powder** (or a whey–casein blend)
- [ ] a pinch of **salt**
- [ ] 5 oz **skim milk**
- [ ] 1¾ oz **water**, plus a little more if needed

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400°F. Put the rolled oats in a large bowl. 0:04
2. Add the cocoa powder. 0:31
3. Weigh in the peanut butter. 0:45
4. Add the vanilla casein protein powder and a pinch of salt. 1:16
5. Pour in the skim milk and stir, then add the water and mix again until it looks like thick chocolate spread with oats. Add a splash more water if it is dry. 1:31
6. Line a small rectangular tin (about 3 × 8 inches) with baking paper, snipping the corners to fit, and spread the mixture in evenly. 2:03
7. Bake for 25 minutes. 2:23
8. Lift out on the paper (it will still be a little soft) and leave to cool on a plate for about 20 minutes to firm up, then cut into 6 bars. 2:32

> **Tip** With whey instead of casein the bars bake drier, more like a protein bar, and need less liquid. Powdered peanut butter in place of peanut butter adds protein and cuts the fat, as the cook suggests.

The method is a summary in our words — the video shows every step.

One portion (1 bar) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
206 kcal	15 g	24 g	4.7 g	7.5 g	110 mg
860 kJ	30% of a day	19 g net · 2.7 g sugars	17% of a day	2.1 g saturated	5% of a day
		9% of a day		10% of a day	

Energy from net carbs 38% · protein 29% · fat 33%

Source of (10–19%) Magnesium 19% · Selenium 18% · Zinc 16% · Iron 11%

Recipe and video: Felu - Fit by cooking (@Felu) on YouTube — youtube.com/watch?v=-VRsAiJ0hG0, published 9 February 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-protein-chocolate-peanut-butter-oat-bars