



Nicole Osinga

Protein Bars

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Fruits

- 1 1/2 Banana

Breakfast

- 3 1/8 cups Almond Butter
- 1 1/2 cups Maple Syrup
- 2 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 1/8 tbsps Cinnamon
- 1 tsp Ground Ginger

Boxed & Canned

- 1/2 cup Edamame Granola
- 3 units Oreos

Baking

- 2 tbsps Blackstrap Molasses
- 1 1/2 ozs Dark Chocolate
- 1 tsp Ground Cloves
- 1 1/8 cups Oat Flour
- 4 1/2 cups Oats
- 1 tbsp Sprinkles
- 1/3 cup Unsweetened Coconut Flakes
- 1/2 cup White Chocolate Chips

Condiments & Oils

- 1 3/4 tbsps Coconut Oil

Other

- 1 1/2 cups Protein Powder
- 1 1/2 cups Vanilla Protein Powder



White Chocolate Protein Bars

16 servings

10 minutes

Ingredients

- 2 1/2 cups Oats
- 1 tsp Cinnamon
- 1 cup Protein Powder
- 1 cup Almond Butter
- 1/2 cup Maple Syrup
- 1/2 cup White Chocolate Chips

Nutrition

Amount per serving	
Calories	231
Fat	12g
Carbs	24g
Fiber	3g
Sugar	11g
Protein	10g
Cholesterol	1mg
Sodium	13mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	101mg
Iron	1mg

Directions

- 1 Line an 8 x 8-inch pan with parchment paper and set aside.
- 2 In a large mixing bowl, combine your protein powder, cinnamon and rolled oats and mix well.
- 3 In a microwave-safe bowl or stovetop, heat up your almond butter with your syrup and heat until warm. Whisk together.
- 4 Pour the wet mixture into the dry mixture and mix very well, until combined. If the batter is too crumbly, add a little milk to thin out.
- 5 Transfer the protein bar batter into the lined pan and press firmly into place. Refrigerate until firm, and slice into bars. Drizzle with melted white chocolate.



Gingerbread Protein Bars

7 servings

35 minutes

Ingredients

3/4 cup Vanilla Protein Powder
1 tsp Ground Cloves
1 tsp Cinnamon
1 tsp Ground Ginger
2/3 cup Almond Butter (runny)
2 tbsps Blackstrap Molasses
2 tbsps Maple Syrup
1 tbsp Sprinkles

Nutrition

Amount per serving	
Calories	224
Fat	13g
Carbs	15g
Fiber	3g
Sugar	9g
Protein	13g
Cholesterol	2mg
Sodium	24mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	172mg
Iron	2mg

Directions

- 1 In a large bowl, combine the protein powder and spices.
- 2 Add in the almond butter, molasses, and maple syrup one by one.
- 3 Mix and press the batter down. Portion the batter into a silicone baking loaf and use a fork or silicone spatula to press it down smoothly. Sprinkle with holiday sprinkles.
- 4 Pop it into the fridge for 30 minutes to set before slicing into rectangles.



Banana Granola Protein Bars

8 servings
20 minutes

Ingredients

1 Banana (mashed)
1 1/3 cups Oats
1 tsp Maple Syrup
1/3 cup Almond Butter
1 tsp Cinnamon
1/2 cup Edamame Granola
1/3 cup Protein Powder

Nutrition

Amount per serving	
Calories	187
Fat	9g
Carbs	19g
Fiber	4g
Sugar	5g
Protein	10g
Cholesterol	1mg
Sodium	40mg
Vitamin A	11IU
Vitamin C	1mg
Calcium	76mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.) Top with the granola.
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.



Banana Coconut Protein Bars

4 servings
20 minutes

Ingredients

1/2 Banana (mashed)
2/3 cup Oats
1/3 cup Unsweetened Coconut Flakes
2 2/3 tbsps Maple Syrup
2 2/3 tbsps Almond Butter
1/2 tsp Cinnamon
2 2/3 tbsps Protein Powder

Nutrition

Amount per serving	
Calories	224
Fat	11g
Carbs	26g
Fiber	4g
Sugar	11g
Protein	8g
Cholesterol	1mg
Sodium	12mg
Vitamin A	11IU
Vitamin C	1mg
Calcium	81mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.



Puffed Cereal Protein Bars

8 servings

10 minutes

Ingredients

2 cups Rice Puffs Cereal
 1/2 cup Vanilla Protein Powder
 (equivalent to 2 scoops)
 1/2 cup Almond Butter (Unsalted)
 1/2 cup Maple Syrup
 1 1/2 ozs Dark Chocolate
 1 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	219
Fat	12g
Carbs	22g
Fiber	2g
Sugar	14g
Protein	9g
Cholesterol	1mg
Sodium	14mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	107mg
Iron	2mg

Directions

- 1 Line an 8-inch square pan and cover with parchment paper. Slightly oil the paper with coconut oil. Set it aside.
- 2 In a large mixing bowl, stir the puffed cereals and protein powder until well combined. Set aside.
- 3 In another bowl, combine the peanut butter and syrup - microwave for 30 seconds if it is difficult to stir together.
- 4 Pour the liquid ingredients onto the cereal bowl and stir to combine. If too dry, add 1-2 teaspoons of melted coconut oil or extra peanut butter.
- 5 Press down firmly the cereal mixture into the pan in an even layer using the back of a silicone spoon or lightly oiled hands.
- 6 In another bowl, add dark chocolate and coconut oil. Microwave until fully melted and pour over the bar.
- 7 Place the baking tray in the fridge until the chocolate layer is firm and hard - you can also freeze it for 10-12 minutes to make this process faster.
- 8 Cut into 8 bars on a chopping board and store them for up 1 week in the fridge in an airtight container.



Cookies and Cream Protein Bars

8 servings
30 minutes

Ingredients

- 1 1/8 cups Oat Flour
- 1/3 cup Vanilla Protein Powder
- 1/4 cup Maple Syrup
- 1/2 cup Almond Butter
- 1 1/2 tbsps Coconut Oil
- 3 units Oreos

Nutrition

Amount per serving	
Calories	227
Fat	13g
Carbs	21g
Fiber	3g
Sugar	7g
Protein	9g
Cholesterol	1mg
Sodium	9mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	92mg
Iron	1mg

Directions

- 1 To a large bowl, add your oat flour, protein powder, and salt.
- 2 Next, add your almond butter, maple syrup, and 1.5 tbsps of melted coconut oil.
- 3 Using your hands, mix your dough together, kneading it like you would bread. Your dough will be similar to playdough.
- 4 Next, mix in 2 crumbled cookies.
- 5 Once cookies are well distributed, press the dough into an 8×4 bread pan and sprinkle the remaining cookie crumbles on top. Lightly press them into the top with your hands.
- 6 Let the pan sit in the fridge for at least 1 hour before slices into protein bars. Store in the fridge for up to 2 weeks.