



Matcha Green Tea Fudge Protein Bars

This is a delicious sweet, fudgy no-bake treat that's secretly packed with protein, healthy fats, complex carbs, fibre, and all natural goodness! You can drizzle with some dark chocolate to make them even more special. They are vegan, gluten free, dairy free and packed with fibre.

Serves: 12, Prep time: 00:30, Cook time: -

Instructions

1. Line an 8x8 inch brownie pan with parchment paper. Set aside.
2. In an electric stand mixer bowl fitted with a beater attachment, add all of the ingredients. Mix on low speed until everything is fully incorporated. Scrape down the sides of the bowl. Mix on medium speed for one last mix. Mixture should be thick and fudgy, like cookie dough.
3. Scoop the mixture into the brownie pan and flatten it out. Tightly cover the pan with plastic wrap and refrigerate overnight.
4. Lift the mixture out of the pan. Slice into 12 bars. Feel free to drizzle

Ingredients

- 128 grams Almond Butter, Roasted (4.5 oz)
- 236 milliliters Unsweetened Vanilla Almond Milk, plus 2 tbs (8 oz (U.S.))
- 1 1/2 teaspoon Vanilla Crème-Flavored Stevia Extract
- 0.75 teaspoon Almond extract
- 168 grams Vanilla brown rice protein powder (6 oz)
- 80 grams Oat flour (3 oz)
- 2 tablespoon Matcha powder
- 1/8 teaspoon Sea salt

melted white, milk, or dark chocolate over the bars!

5. Individually wrap the protein bars in plastic sandwich baggies. Store in the refrigerator for up to 1 week or stash them in the freezer.

Matcha green tea contains antioxidants, boosts your immune system, lowers cholesterol and boosts your mood. Some studies have shown that green tea improves fat oxidation which can improve your endurance.

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Note

Do not use whey/egg/casein protein! The mixture will be gooey and won't solidify.

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