



## PEANUT BUTTER PROTEIN BARS

SUBMITTED BY: April Morais, Registered Nurse - Psych

This is my favorite snack when I'm on the go or working long hours.

### DIRECTIONS:

1. Mix all ingredients together, form into balls or bars and refrigerate
2. Enjoy!

### INGREDIENTS:

1 cup peanut butter or any nut butter

1 cup honey

2 cups oatmeal

1 cup chocolate chips (any kind of chocolate)

1/4 chia seeds

1 scoop protein powder