



# Protein Bar without the Bar

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 5 scoops of Oats
- A dozen Almonds
- A big teaspoon of Natural Peanut Butter
- 1 Egg White
- 1 scoop of Casein Protein Powder
- 2 scoops of Whey Protein Powder (Chocolate or Coffee flavored works well)
- Milk (if additional liquids are required)

## Instructions

This doesn't look like much, but it tastes great and works well as a high protein meal replacement. Some people try to fashion it into the shape of a protein bar, using foil. Personally I don't bother – just keep it in the fridge and eat as is.

1. Blend the oats and almonds
2. Add all the ingredients to a mixing bowl and mix until you have thick, sticky ball of protein (add milk if more liquids are needed)
3. Cover with plastic wrap and place in the fridge
4. Leave it for about an hour and eat as is