

MOCHA MANIA Protein Bars!

10 ingredients · 1 hour 15 minutes · 12 servings



Directions

1. Combine the almond butter, maple syrup and vanilla extract in a med-large mixing bowl and stir to combine.
2. Add the Mocha Mania, raw cacao powder, almond flour, sea salt and cinnamon and stir mixture thoroughly to combine, using your hands near the end to massage it into a dough. *If the dough requires any moisture at all, add a touch of water to your hands to moisten.
3. Press the dough into a square, glass baking dish lined with parchment paper, until the mixture is evenly distributed.
4. Melt the chocolate and coconut oil together using a double-boiler method, then pour over top of the bar mixture. Use a spatula or pastry brush to ensure even distribution.
5. Place the baking dish in the freezer to set for minimum 1 hour. Once the chocolate has start to set (won't take long!), you may sprinkle coarse sea salt over it, so it catches as part of the setting process. Or, see Step 6 below.
6. When ready to serve, remove from the freezer and sprinkle on some sea salt as garnish (if not done already). Lift the parchment paper onto a cutting board, and slice into 12 even portions, or size of your choosing. Best enjoyed slightly chilled.
7. Enjoy!

Notes

(Alcohol-Free) Vanilla Extract

My go-to brand is 'Simply Organic'.

Protein Powder

This recipe has only been tested with SMOOV™'s 'Mocha Mania' All-In-One Plant Based Blend thus far. Learn more about this option (and others) and <https://smoov.ca/>. Enjoy code JESSPNUTRITION at check-out for a discount off of your order!

Dairy-Free Chocolate Chips/Morsels

My go-to brand is Enjoy Life.

Ingredients

- 1 cup Almond Butter (or nut/seed butter of choice)
- 1/4 cup Maple Syrup (pure)
- 1 tsp Vanilla Extract (alcohol-free)
- 3/4 cup Protein Powder (SMOOV™ - 'Mocha Mania' All-In-One Plant Based Blend)
- 2 tbsps Raw Cacao Powder
- 2 tbsps Almond Flour (finely-ground)
- 1/4 tsp Sea Salt (pink Himalayan)
- Cinnamon (a few generous pinches, 'Ceylon' variety)
- 1/2 cup Dark Chocolate Chips (dairy-free, or dairy-free morsels)
- 2 tsps Coconut Oil (unrefined, organic)
- Sea Salt (coarse, for sprinkling as garnish)

Serving Size

One serving size = one bar.

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