

Complete Shake Protein Bars

Ingredients:

- ½ cup almond butter or natural peanut butter
- 1 tbsp coconut oil
- 3 scoops Mila® micro-sliced chia
- 4 scoops 360 Complete Shake
- 2 cups rolled oats
- ¾ cup unsweetened applesauce
- 1-2 tbsp honey

Directions:

1. Line an 8" square baking dish/pan with wax or parchment paper
2. Warm the nut butter and coconut oil in the microwave for 15-20 seconds to soften
3. Combine all ingredients in a medium-sized bowl and mix until well blended
4. Pour into dish and spread out until even
1. Place in freezer for 45 minutes. Remove from freezer, lifting parchment paper and bars out of the pan and place on a flat surface. Cut into 8 bars.

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