

Chocolate Mint Protein Bars

Makes 8 x 8 pan (20-25 pieces)

Ingredients:

- 37g or 2 ½ tablespoons chocolate protein powder (We used ALOHA brand Chocolate Protein Powder)
- 1 cup gluten free flour
- 3 tablespoons dark cocoa powder
- ¼ teaspoon salt
- ½ cup maple syrup
- ¼ cup coconut oil
- ¼ cup unsweetened apple sauce
- 2 eggs
- 2 teaspoons mint extract

Directions:

1. In medium bowl, combine protein powder, flour, cocoa powder, and salt. Mix with whisk or spoon.
2. In small bowl, whisk together maple syrup, coconut oil, apple sauce, eggs, and mint extract.
3. Add wet ingredients to dry ingredients and fold mixture until combined. Do not over-mix.
4. Pour chocolate mixture into prepared 8 x 8 baking dish.
5. Bake at 375 degrees F for 20 minutes.
6. Let cool and cut into squares. Store in airtight container in fridge for cold treat or breakfast boost.