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Arbonne chocolate protein bars recipe

Who remembers pastry-free cookies? You know, those fabulous, cold clumps of chocolate and oatmeal with peanut butter that's mixed? Yummy! I was having a sweet tooth at night and was seriously considering that dose. But lately, I've been trying to be good and stocked with all manner of healthy things. I was pretty close to making it and making one kind of dessert or another. Luckily, I remembered the Arbonne protein shake blend. I'm not a big swiving person, so it's not always an item I have in my house. But I happened to get it, and I remembered the gazillion recipes people came up with for arbonne nutritional products. From flavored cocktails to desserts galore, I knew I could whip up something I could and could justify eating. Since no-bake cookies were on my brain, I stuck to the most basic recipe published by peeps on Arbonne themselves: protein bars. I know the name conjures the thoughts of the not so fabulous bars you see in stores, but I've tried these before, and my first bite took me right to no-bake cookie land. I took one look at the recipe and scolded it for not doing it before. It was that simple! If you're not familiar, Arbonne is a Swiss-formulated health and wellness company whose high-quality offerings range from skincare and make-up to supplements, energy drinks, and these protein shakes! Most everything is certified vegan and gluten free... and full of benefits. Have an amazing 30 days of healthy living challenge that I have participated in and achieved amazing results! If you are on a 30 day plan, please know this recipe is delicious and amazing, but not consistent with the first 30 days; Peanut butter and honey would need to be swapped for everyone else's alternatives, it's way healthier than any pastry cookie and every bit as delicious as these two flavored arbonne protein balls! by Bekah Loves Blog Prep Time: 10 minutes Cook Time: Refrigerate 1 hour 2 cups creamy peanut butter 1 1/4 cup honey 3 cups instant oats 2 1/4 cups Arbonne Protein Powder (all chocolate chocolate or 1/2 chocolate 1/2 vanilla) Microwave peanut butter and honey for about a minute. Mix well. Mix protein powder in arbonne. Mix in the vass, one cup at a time. Wrap in a lightly greased 9x13 frying pan. Cool in the fridge for an hour and cut into 28 squares. How to make this recipe? Check out the updated rotation in 2 flavors: Arbonne Protein Balls! Arbonne Homemade vegan protein bars arbonne (2 votes, average: 5.00 out of 5)You need to be a registered member to make it work. Loading... Ditch processed protein bars and other expenses for those protein bars. Make your own vegan protein bars with arbonne pure protein powder. They're delicious, hit your sweet tooth and boost your protein intake throughout the day.1 Mix all the ingredients in a bowl and Together. I use my kitchen aid mixer, but any blender/mixing mixing will work. You can add liquid stevia (to taste) and/or crushed fine nuts/ flaxseeds.2. After mixing, it should look like a dough-cake dough consistency. 3. Spread the contents evenly (from the bowl) into a glass pan 9x13. 4. Cover and refrigerate for 24 hours. 5. Cut into squares to serve. Calorie Burn Time Subscribe to Estimate? Min? Min? Min? minwalkbikerunellitic Nutrition Facts Serving Size 1 Bar Serving Recipe 10Amount per serving calories 154% Daily value * Total fat 5g 8% saturated fat 0g 0% polyunsaturated fat 1g monounsaturated fat 1g Trans fat 0g Cholesterol 34g 11% sodium 499mg 21% potassium 240mg 7% Total carbohydrate content 12g 4% Fibre 2g 8% Sugars 7g Protein 17g 34% Vitamin A 19% Vitamin C 8% Calcium 19% 20% Iron 23% Vitamin D 11% Vitamin E 33% Thiamine 614% Riboflavin B2 17% Niacin 16% Vitamin B6 15% Folate 21% Vitamin B12 34% Biotin 66% Pantothenic Acid 27% Iodine 12% Magnesium 15% Zinc 15% Selenium 16% Copper 28% Manganese 15% Chromium 41% Molybdenum 19% Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Log Food for Today Create Recipe Makeover Submitted: CHATWONDER Introduction So easy to make and taste amazing! So easy to make and taste amazing! Ingredients 2 cups creamy peanut butter1 and 1/4 cup honey2 and 1/4 cup protein powder3 cups instant oatmeal Directions microwave honey and peanut butter for about a minute. In another bowl, mix oatmeal and protein powder. Fold the peanut butter mixture into the oatmeal mixture until well mixed (the mix will be crumbly). Pour the mixture into a lightly pammed 9x13 pan and mix the package, chill for an hour and cut into 28 bars. One serving is one bar. These freeze well! Servings: 28Recipe submitted by SparkPeople user CHATWONDER. CLAIREL6 2 out of 2 people found this review helpful Wow, great idea of recipe. If someone wants to make it but isn't sure where to get Arbonne, you can only buy it through a consultant. - 9/10/12 Was this review helpful? Yes no CLAUDIAC9 1 of 1 people found this review helpful I am an Arbonne consultant if anyone is interested in any of arbonne products. Can I send catalogs :) - 10/4/12 Was this review helpful? Yes, no CHRYSTALDAVID 1 out of 2 people found this review helpful I absolutely love these! I can't have enough of them around the house because the family is like crazy! I mix Arbonne chocolate and vanilla powders, a little fiber, and I use maple instant oatmeal and taste exactly like No Bake Cookies/Top from stove cookies!!!! - 7/23/12 Was this assessment helpful? Yes no ANTIQUELOVER 1 in 1 people found this review helpful Delicious! I did these this morning and had one for lunch. I'll take them to work for a quick breakfast or afternoon snack. - 1/31/10 Was this review helpful? Yes, no Tasty treat. - - Was this review helpful? Yes No These chocolate coconut protein bars are the perfect chewy snack to satisfy those sweet cravings. They are gluten, dairy and soy free making them a great allergy friendly treat for the family. My husband and children devoured them in no time! Our favorite chocolate to use is Enjoy Life, they are my favorite allergy friendly brand that still tastes like the real thing. These rods are so easy to throw together and you can store them in the freezer when you need a treat. I like to put mine in a silicone bag or glass container. Finding dairy without protein that tastes delicious can be difficult, but I recently started switching to Arbonne products and I love their protein pills. They are all gluten-free, dairy-free and soy-free. I used vanilla in this recipe and it was perfect. Other Recipes That You'll Love: Best Gluten Free Peanut Butter Cookies Paleo Cookie Dough Bite Paleo Chocolate Chip Cookie Skillet * This post contains affiliate links that help keep the better Blondie running. When you make a purchase using one of these links, I have a small commission. This does not add any additional cost to you. Printing Recipe Sweet and Chewable Protein Bars That Are Gluten Free and Dairy Free 2 Cups Gluten Free Oats2 Scoops Vanilla Protein Powder Arbonne1/2 Cup Chocolate Chips Divided – Enjoy Life (Gluten, soy, dairy free) 1/3 cup almond butter4 Dates Pitted1/4 cup grated coconut unsweetened2 Tbls coconut oil Place the dates into a cup of hot water for 5 minutes, then remove and blend with Tbls date water into the puree (you may need to add a little more water at once until it's puree)Mix the date puree, almond butter, oats, protein powder, and 1/4 cup chocolate chips together in a bowlPress the mixture into an 8x8 baking dish to form an even layer Insert the remaining chocolate chips and coconut oil in the microwave for 15 seconds at a time until completely smooth. Pour the chocolate over the mixture in a pan. Smooth until even layerTop with coconut and then leave to set in the fridge for at least 30 minutes, then slice into 12 bars ? You can also add some more grated coconut to the mixture for more coconut flavors, but you'll also need to add some extra almond butter to make sure it doesn't fall off ingredients Mix all the dry ingredients in a bowl. Add the agave nectar and peanut butter, stirring until well combined. Pour everything into a 9x13 pan, pressing down evenly with your hands over the pan until compact. Store in the refrigerator for an hour. Slice and enjoy! Arbonne Protein Sticks 3 C Quick oatmeal 1 C Arbonne protein powder 1 C All natural peanut butter 1 Slim cup Agave nectar 3/4 C Dried cranberries 1 Slimy cup semisweet chocolate chips Mix all the dry ingredients in a bowl. agave nectar and peanut butter, stirring until well combined. Pour everything into a 9x13 pan, pressing down evenly with your hands pan until compact. Store in the refrigerator for an hour. Slice and enjoy! Enjoy!