

Almond Butter Protein Bar



INSTRUCTIONS

- Preheat the oven to 350°F. Line an 8x8-inch baking pan with parchment and coat the bottom and sides with cooking spray.
- Roughly chop the almonds so there are some small pieces, but also some almonds that are left whole. Combine the chopped almonds, pepitas, millet, smoked paprika, garlic powder, onion powder, chia and hemp, and sea salt in a mixing bowl. Stir and set aside.
- Combine the brown rice syrup and Betsy's Best in a small bowl and microwave for 30 seconds to make it easy to pour. Stir in the liquid smoke. Pour the syrup over the nut and seed mixture and stir until all the ingredients are evenly coated and quite sticky.
- Place in the baking pan with a spatula. Gently press the nut mixture evenly into the pan with the back of a spatula.
- Bake for 18 to 20 minutes. Slice the bars but leave out to harden another 1-2 hrs or place in the refrigerator to speed up the process.
- Wrap and store up to 2 weeks in the refrigerator or freeze up to 3 months....if they last that long!

SHOPPING LIST

- 3/4 cups almonds, unsalted
- 3/4 cup walnuts or pecans, pieces
- 1 tbs Betsy's Best almond butter
- 1/2 cup pumpkin seeds unsalted
- 1/4 cup millet
- 1 tbs chia seeds
- 1 tbs hemp seeds
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp sea salt
- 1/4 cup brown rice syrup or honey
- 1/2 tsp liquid smoke