

## Nutrition Facts

Servings Size: 1 Protein Bar

Recipe Makes: 3 Servings

Amount Per Serving

**Calories** 113

**Total Fat** 1g

**Total Carbohydrate** 16g

**Protein** 10g



# No Bake Chocolate PB Rice Cake Protein Bar

### INGREDIENTS FOR PROTEIN PB RICE CAKE LAYER:

- 3 Rice Cakes
- 15g Flex Brands Vanilla Whey/Casein Blend Protein Powder
- 8g Powdered PB
- 4g Cheesecake Sugar Free/Fat Free Pudding Mix
- 3g Zero Cal Sweetener
- Pinch of Sea Salt

### INGREDIENTS FOR PROTEIN CHOCOLATE TOP LAYER:

- 15g Flex Brands Chocolate Whey/Casein Blend Protein Powder
- 8g Unsweetened Baking Cocoa (I used Special Dark)
- 4g Chocolate Sugar Free/Fat Free Pudding Mix
- 3g Zero Cal Sweetener
- Pinch of Sea Salt

### REST OF TOPPING:

- 10g Rice Cereal
- 2g Non Pareil Sprinkles

1. Crumble up 3 plain rice cakes into a big bowl.
2. Then in another bowl, add the rest of the protein pb layer ingredients into a bowl and mix to avoid clumping. Then add a little bit of cold water at a time and mix till you get a runny pb like consistency.
3. Now add this pb to your crumbled rice cakes and mix till they are all combined like a rice crispy treat.
4. Add to parchment paper and spread into a rectangle.
5. Now to make the chocolate layer. Add all your ingredients into a bowl and mix to avoid clumping. Then add a little bit of cold water at a time and mix till you get a slightly more thick consistency that you did with your PB layer from earlier.
6. Add this layer to the top of your rectangle and spread to cover most of the top. Add some rice cereal on top and add to the freezer for an hour.
7. Then once frozen, add your sprinkles on top, slice up into 3 bars and enjoy!