

Nutrition Facts

Servings Size: 1 Bowl

Recipe Makes: 1 Serving

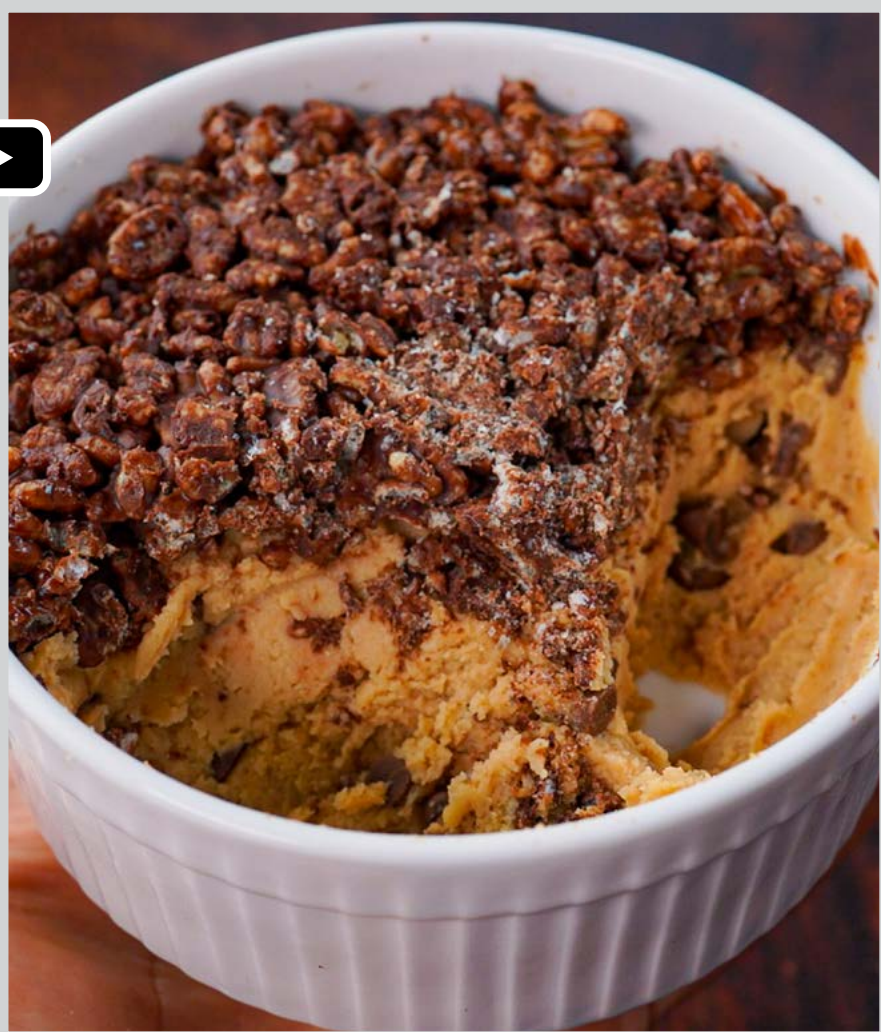
Amount Per Serving

Calories **395**

Total Fat 11g

Total Carbohydrate 35g

Protein 39g



Crunch Bar Protein Cookie Dough

INGREDIENTS FOR COOKIE DOUGH:

- 30g [Flex Brands Vegan Vanilla Protein Powder](#)
- 20g [PB Party Protein Cookie Butter Powder](#)
- 10g Powdered PB
- 4g Zero Cal Sweetener
- Pinch of Sea Salt
- ½ Cup (120ml) Cold Water
- 10g Mini Chocolate Chips

CRUNCH BAR LAYER:

- 15g Mini Chocolate Chips
- 1g Coconut Oil
- 10g Plain Rice Cereal

1. First to make your cookie dough. Add your dry ingredients (except mini chocolate chips) into your bowl and mix to avoid clumping. Then add your cold water and mix till you have a smooth cookie dough consistency. Then add your mini chocolate chips and mix those in.
2. Then now for the crunch bar layer. Add your mini chocolate chips and coconut oil to a small bowl and melt. I microwaved for 45 seconds. Then combine with the 10g rice cereal. Coat the cereal well.
3. Then add on top of the cookie dough and add to the freezer for 30-45 minutes to set. I added my cookie dough into a 10oz ramekin for the aesthetics! Enjoy my friends!