



## Dark Chocolate & Cranberry Bars

Are you looking for a recipe for an easy breakfast or snack this holiday season? These dark chocolate and cranberry bars are sure to do the trick! What do we love about this recipe? They're nutrient-dense, filling, and great to take on-the-go and come together in about 15 minutes. They are filled with fibre from oats and protein from almond butter and protein powder (plus a hint of holiday sweetness!), making them a surefire way to satisfy your hunger and cravings.



Recipe makes x 8 servings (1 bar per serving)

Prep time: 15 minutes

Total time: 60 minutes to overnight

### INGREDIENTS

- 1 cup almond butter
- ¼ cup honey
- 2 cups rolled oats
- 2 scoops protein powder
- 2 tbsp chia seeds
- ¼ cup each: dark chocolate chips, dried cranberries

### INSTRUCTIONS

1. Combine all of the ingredients together in a bowl.
2. Press mixture into a 9-inch square pan lined with wax paper. Refrigerate until firm, at least 45 minutes or overnight.
3. Slice into bars and enjoy!

Tip: Make these at the beginning of the week and keep in fridge for a quick snack or breakfast!

Check out our [FREE Resources](#) for more crave-worthy simple recipes and meal & snack ideas.