



Protein Bar Recipes



Note: An * denotes a recipe is 30 Days to Fit friendly. Others can easily be adjusted to follow the plan by removing dried fruits, cashews, etc.... After the 30 Days to Fit, any of these recipes can be used to replace other sweet treats. They are still very nutrient and calorie dense so keep an eye on your serving size.

Basic Arbonne Essentials Protein Bars*

2 cups or 1-16oz. jar of natural peanut butter or Almond Butter
1 3/4 cups honey or agave nectar (may be able to use a little less)
4 cups chocolate protein powder (can mix choc. & van.)
2 1/2 cups dry uncooked oatmeal – Bob’s Red Mill has gluten free.

In a microwave-safe bowl, combine peanut butter and honey, heat in microwave for 70-90 seconds, until it easily stirs -

ADD PROTEIN POWDER AND OATMEAL AND MIX THOROUGHLY - it will be VERY THICK!
Press into a 9 by 16 in. pan. Refrigerate 1 hour, or until solid enough to cut into bars. Wrap each bar in foil or plastic wrap and store in the refrigerator.

MAKES 24 SERVINGS: CALORIES-190, FAT - 7 GRAMS, PROTEIN-20 GRAMS,
CARBS-8 GRAMS, SODIUM-86 MG. FIBER - 5 GRAMS, SUGAR-10 GRAMS

Variations: Using 1/2 vanilla & 1/2 chocolate powder gives more of a peanut butter fudge taste. All chocolate protein with rolled oats gives the taste of no-bake cookies..sort of.

To adapt to the 30 Days to Fit Plan: Use gluten free oatmeal, agave nectar & almond butter.

Vanilla Almond Crunch Protein Bars*

1 16 oz jar of Almond Butter with Flax Seeds (Trader Joe’s)
1 23 oz container of Light Agave Nectar (could use less)
8 scoops of Arbonne Vanilla Protein Powder
4 scoops of Arbonne Fiber Boost
1 1/2 cups Gluten free Oatmeal
2-3 T Flax Seeds

Heat almond butter a little to make for easier blending. Combine all ingredients in mixer and blend. May need to stir by hand too since this may be too thick for the mixer.
Spread into a 9 x 11 pan & refrigerate.

Can be made with organic peanut butter (not on 30 Days to Fit) and Arbonne’s chocolate shakes instead.

Rice Krispy Protein Bars*

1 16 oz. jar of Trader Joe’s Almond Butter with flax seeds, crunchy and salted
1 3/4 cups Agave Nectar
1 1/8 cup Arbonne Vanilla Protein powder
1 1/8 cup Arbonne Chocolate Protein powder
2 scoops Arbonne Essentials Fiber powder
3 cups Crispy Brown Rice Cereal (EnviroKidz Organic Koala Crisp & Erewhon are 2 I know)
Can also substitute 3 cups rolled oats for cereal for a different texture.

Directions:

Pour entire jar of almond butter into a large bowl and add Agave syrup.

Stir until smooth and well blended—could microwave a little to make it easier.

Mix in protein and fiber powder and stir until powders are absorbed.

Pour in cereal and stir until evenly blended.

Spread into 9" x 13" pan. Use a rubber spatula to pat it down evenly.

Optional: Sprinkle unsweetened coconut flakes and/or dark chocolate chips on top. Could also use dried cranberries, cherries, etc. Gently press into dough. Any flavor of shakes will work.

Cover with plastic wrap. Refrigerate until firm. Cut into 1" squares.

Will last a long time refrigerated.

German Chocolate Protein Bars

by Simply Fit Kitchen

1 ½ chopped pecans

1 ¾ cup Arbonne chocolate protein shake (powder)

½ cup vanilla protein shake (powder)

½ cup fiber

3 cup brown rice cereal

1 cup flaked coconut

16 oz almond butter

1 ½ cup agave light

½ cup shredded coconut: reserve for topping

Combine almond butter and agave in a large bowl. Heat in microwave for 70 seconds. Blend together.

Combine all dried ingredients: protein powder, fiber, cereal, pecans, 1c flaked coconut; and mix well.

Fold into the almond butter agave mixture.

Press into a 9x12 pan. Top with the 1/2c shredded coconut and press. Refrigerate.

Ginger Cookie Bars

2 ¼ cup Arbonne Vanilla protein powder

½ cup fiber

16 oz almond butter

1 ¼ cup agave nectar light

3 cup old fashioned oats

1 ½ cup chopped walnuts

½ t freshly ground nutmeg

½ tsp ground cinnamon

¼ tsp finely ground black pepper

2 ½ tsp ground ginger

½ cup finely chopped crystallized ginger

Combine dried ingredients in bowl. In a large bowl, microwave almond butter and agave for 70 seconds. Add dried ingredients and mix well. Press into 9x13 pan. Refrigerate until set.

Original recipe created by Sharon Dickson for Simply Fit Kitchen

Pistachio- Cherry Protein Bars

2 ¼ cup Arbonne Vanilla protein powder
½ cup fiber
16 oz almond butter
1 ¼ cup agave nectar light
3 cup toasted brown rice cereal
1 ½ cup natural unsalted pistachio nuts
1 cup chopped dried cherries (not maraschino!)

Combine dried ingredients in bowl. In a large bowl, microwave almond butter and agave for 70 seconds. Add dried ingredients and mix well. Press into 9x13 pan. Refrigerate until set.

Original recipe created by Sharon Dickson for Simply Fit Kitchen

I'm Nuts About You Bars

By ENVP Tina Angus

2 cup crunchy peanut butter
2 cups honey or 1 ¾ Agave nectar
1 cup oats
2 cups shredded coconut
2 scoops of Arbonne Fiber
2 ¼ Cup Arbonne Vanilla Protein

Microwave honey & peanut butter for about 1 minute so it's easy to mix. Add all other ingredients (I like to put coconut and oats in the blender for a few seconds before I add them). Press into a 9x13 dish and refrigerate for about 1 hour. Cut and serve, store or freeze for later.

Gluten Free Almond Power Bars

1 cup almonds (raw)
1 cup Arbonne Vanilla Protein
1/2 cup ground flax meal
1/2 cup unsweetened shredded coconut
1/2 cup creamy roasted almond butter
1/2 teaspoon celtic sea salt
2/3 cup coconut oil
2 packets stevia
1 tablespoon agave nectar
1 tablespoon vanilla extract
1 cup dark chocolate chips (optional, but they make this recipe out of this world!!)

1. Place almonds, protein powder, flax meal, and shredded coconut in a food processor. Pulse until the ingredients have a meal like consistency.
2. Add the almond butter and salt, continue to pulse.
3. In a microwave safe bowl, melt coconut oil (about 1 to 1 1/2 min)

4. Add stevia, agave, and vanilla into oil.
5. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste
6. Press mixture into an 8 x 8 glass baking dish or pan. (does not have to be greased.)
7. Chill in refrigerator for 1 hour, until mixture hardens.
8. In a microwave safe bowl, melt dark chocolate chips on power level 2 or 3 at 1 min -90 second increments until melted. Or melt on stove stirring constantly on low.
9. Spread melted chocolate over bars; return to refrigerator for 30 minutes, until chocolate hardens.
10. Remove from refrigerator, cut into bars and serve.

Thanks to Kasey Paulus for this phenomenal recipe. If you multiply all ingredients by 1.5, it will fit in a 9 x13 pan.

Healthy Hello Dolly Protein Bars (Carol Egleston)

Basic Guiltless Bars*

- 16 oz Jar of Natural Peanut Butter (Smooth or Crunchy)
- 18 oz Honey or 16 oz agave nectar
- 2 1/4 C Arbonne Vanilla Protein Shake Mix
- 3 C Dry Uncooked Oatmeal or Gluten Free Brown Rice Cereal
- 2 Scoops Arbonne Fiber Booster

In microwave-safe large bowl, combine peanut butter and honey. Heat for 60-90 seconds until easy to stir. Add remaining dry ingredients and mix thoroughly. It will be thick. Press into a 9 x 13 in pan and refrigerate for 1 hour or until solid enough to cut into bars. Always keep bars refrigerated.

Yummy Extra Chocolate Bars *

Follow Basic Guiltless Bar recipe

Use Chocolate Protein Shake Mix in place of Vanilla Add: Dark Chocolate Cocoa to taste (About 1/4—1/2 C)

Healthy Hello Dolly's-----DELISH!!!!!!

Follow Basic Guiltless Bar recipe

Spread layer into cookie sheet.

Frosting: Combine 1/2 Bag Dark Chocolate morsels & Vanilla Ready to Drink Shake (enough to make icing consistency) In microwave glass bowl. Stir in handful of coconut, spread onto Basic Guiltless Bars. Sprinkle coconut on top.

Healthy Protein Bar

- 1 Cup Sunflower Butter
- 2 Scoops Chocolate Arbonne Protein Powder
- 1 Scoop Arbonne Fiber
- 1/4 Cup dried blueberries
- 1/4 Cup Cashew Bits
- 2 T Agave
- 1 T Coconut Oil

*Get creative & add anything tasty!

Heat butter & oil over medium heat. Stir in remaining ingredients. Press into greased 8X8 dish. Cover.
Refrigerate 20 minute

Apricot Oatmeal Nut Bars

2 ¼ cup Arbonne Vanilla Protein

½ cup fiber

3 cup old fashioned oatmeal

16 oz almond butter

1 ½ cup agave light

6 oz chopped Made in Nature tree ripened Apricots (dried)

1 ½ c chopped walnuts

Microwave agave and almond butter for 70 seconds in microwave. Blend.

Stir in dried ingredients, apricots, nuts, and mix thoroughly. Press into 9x13 pan. Top with shredded coconut. Press. Refrigerate until set.

Created for Simply Fit Kitchen by Sharon Dickson

*May decrease the almond butter to 12 oz and add 4 oz Apple butter. Soften the chopped apricots in the apple butter ½ hour before putting all butters plus apricots in microwave. Makes the apricots not so chewy.

Judy's Crunchy Gluten-Free Protein Bars

2 cups Organic Peanut Butter (I like to use 1C peanut butter & 1 C Almond butter)

¾ cup honey

6 scoops Arbonne Protein Powder (I use all vanilla, you can do ½ & ½)

1 scoop Fiber Booster

1 ½ cups GF Oats (this amount varies depending on how much oil is in your peanut butter)

½ cup chopped pecans

2/3 cups chopped walnuts

1 TBS Raw Cacao (can omit this if using the Arbonne Chocolate Protein Powder)

½ cup GF, Dairy Free & Soy Free Chocolate chips

1/2-2/3 cups of rice chex cereal

Microwave peanut butter & honey for 90 seconds. Mix well and add the protein powder and fiber booster. Add Cacao at this point if using it. Add nuts & oatmeal, mix well. Finally fold in the rice chex cereal. Put mixture into a 9 X 13 pan and press down firmly with your hands. Sprinkle chocolate chips on top and press in firmly. Refrigerate for 2 hours before serving.

TIP: I like to cut my bars before refrigerating so the kids can help themselves to them...all four of my kids love these! ENJOY!

Nat's Protein Bar Vanilla Extravaganza

2 scoops of Arbonne Vanilla Vegan Protein Powder

1 scoop of Arbonne Vegan Fiber
2 cups of Organic almond butter
1/2 cup of either honey, Agave, or brown rice syrup
1/2 cup to 1 cup of nuts such as walnut or almonds
1/4 cup of unsweetened coconut shaves
Some dried blueberries, craisins, cherries... (pick what you like or even better mix them)
nutritional yeast (optional, but really good for you)

Warm up the almond butter and the honey slowly to give it a liquid consistency. When you have reached the desired consistency, add the Arbonne protein powder, fiber and all other ingredients. Mix it well and put the mixture in a pyrex platter, cover and put it in the fridge. Consume your bar within a week. Very yummy!!

Variations: You can play with it with different variations such as adding organic unsweetened brown rice cereal or adding seeds such as pumpkin or sunflower.

Chocolate Cherry Protein Bar

1 1/2cup Arbonne Fit Essentials Chocolate Protein Powder
1/2 cup Arbonne Fit Essentials Fiber Boost
16 oz almond butter
1 1/4 cup agave nectar
3 cup crisp brown rice cereal
1 1/2 cup chopped almonds
1 package organic dried cherries

Slice almonds in food processor

Mix together protein powder, rice cereal, fiber, nuts, and cherries in a separate bowl

Combine almond butter with agave and microwave for 70 seconds

Mix in dry ingredients and press into 9x13 pan. PRESS. Refrigerate 1 hour or until set.

Original recipe created by Sharon Dickson for Simply Fit Kitchen

Pumpkin-Carrot –Almond Protein Bars*

1 cup almond butter
1/2 cup agave syrup
1 1/2 cup canned pumpkin
3/4 cup shredded carrot (I put in the food processor)
1 tsp cinnamon
1/2 tsp nutmeg
6 scoops Arbonne vanilla protein powder
1/3 cup Arbonne fiber or ground flax seeds
1/2 cup slivered almonds
2 cups oats

In a large bowl, blend together almond butter & agave. Add pumpkin, carrot and spices. Blend well and continue to incorporate the rest of the ingredients one at a time. Press into pan, chill and cut. Sprinkle with a few extra nuts and sprinkled cinnamon.

Spread into a 9x13 pan and cut into 24 squares. Nutrition info for 24 servings: 120 cal, 11 carb, 6 fat, 6 protein. Makes thick bars when spread into 5 x 9 inch pan.

Just Lemon Crunch Bars*

2 ¼ c Arbonne Fit Essential Vanilla Protein powder
½ c Arbonne Fit Essential Daily Fiber Boost
16 oz almond butter
1 ¼ c agave light
1 ½ tsp lemon oil
1 ½ c sliced almonds (divide: ½c in mixture and 1c for topping)
3 c crisp brown rice cereal

Blend almond butter and agave in large bowl. Microwave for 70 seconds. Immediately stir in lemon flavoring. Then add the dried ingredients, and blend well. Press into 9x13 pan. Refrigerate until firm. Original recipe created by Sharon Dickson for **Simply Fit Kitchen**

XXX Chocolate : Be My Valentine

2 ¼ c Arbonne Fit Essential Chocolate Protein powder
½ c Arbonne Fit Essential Daily Fiber Boost
3c crisp brown rice cereal
1 ¼ c agave nectar
12oz almond butter
4oz Nutella
6oz dried apricots, chopped
1 1/2c sliced almonds

Add dry ingredients in smaller bowl and mix (reserve 1/2c nuts for topping)
Blend almond butter and agave in large bowl and microwave for 70 seconds. Stir thoroughly.
Add apricots and stir. Add dry ingredients. Mix and then press into 9x12pan. Top with 1/2c sliced almonds and press. Refrigerate.
Original recipe by Sharon Dickson for Simply Fit Kitchen

Cranberry Lemon Crunch Bars

2 ¼ c Arbonne Fit Essential Vanilla Protein powder
½ c Arbonne Fit Essential Daily Fiber Boost
12 oz almond butter
4 oz apple butter
1 1/2c agave light
1 1/2t lemon oil
1 1/2c sliced almonds (divide : ½c in mixture and 1c for topping)
1 package organic dried cranberries
1/4c dried apples
3c crisp brown rice cereal

Handful of oatmeal if mixture too sticky

Blend almond butter and agave in large bowl. Microwave for 70 seconds. Immediately stir in apple butter, cranberries, dried apple, and lemon flavoring. Then add the dried ingredients, and blend well. Press into 9x13 pan. Refrigerate until firm.

Original recipe created by Sharon Dickson for **Simply Fit Kitchen**

Chocolate Cherry Burst Bar

2 ¼ c Arbonne Fit Essential Chocolate Protein powder

½ c Arbonne Fit Essential Daily Fiber Boost

3c crisp brown rice cereal

1 ½ c agave nectar

16 oz almond butter

1c chopped Eden Select (4 oz package) Montmorency tart dried cherries (Whole Foods)

1 1/2 c shelled organic unsalted pistachio nuts

Add dry ingredients in smaller bowl and mix

Blend peanut butter and agave in large bowl and microwave for 70 seconds. Stir thoroughly.

Add cherries and stir. Add dry ingredients. Mix and then press into 9x12pan. Top with whole shelled pistachio nuts and press. Refrigerate.

Original recipe by Sharon Dickson for Simply Fit Kitchen

Sunflower Seed Protein Bars

16 oz organic sunflower seed butter (Nature's Promise)

1 ½ c Agave

2 ¼ c Arbonne Fit Essentials Vanilla Protein Powder

3 plus cups of crispy brown rice cereal (Erewhon)

½ c Arbonne Fit Essentials Fiber Boost

7 oz calimyrna figs (Made in Nature) gluten free and allergen free. Remove stems and chop with scissors

6 oz organic sunflower kernels

Microwave butter and agave for 70 seconds in large bowl. Add all dried ingredients and mix thoroughly

Press into pan and refrigerate 1 hour, then cut into small bars. Wrap.

Original recipe by Sharon Dickson for Simply Fit Kitchen

Protein Peppermint Bark

2 ½ c Arbonne Chocolate Protein

26 oz Nutella

2 c oats

1 tsp peppermint extract

Crushed peppermint (optional)

Heat Nutella to soften in microwave on 50% power

Stir in peppermint extract

Add protein powder and oats

Crush peppermint candy and add to mixture

Press into 9x13 dish and refrigerate to set. By ENVP Kim Forkum

Oh Baby Chocolate

10 oz almond butter

8 oz Nutella

¾-1 c agave

2 ¼ c Arbonne Chocolate Protein

½ c fiber

1 ½ c chopped almonds

3 c brown rice cereal

Mix the almond with agave in a large bowl and microwave for 70 seconds. Add Nutella. Mix. (Reserve 1/2c nuts for topping.) Add the dried ingredients. Blend and turn into a 9x13pan.

Chocolate Christmas Joys|

2 c Arbonne Chocolate Protein

1 ¾ c peanut butter

1 ½ c honey (may use agave)

2 c oatmeal

1 ½ c coconut flakes

Warm peanut butter and honey in microwave on 50% power

Add oatmeal and blend well

Add coconut flakes

Make small balls and roll in additional coconut flakes. Refrigerate to set.

By ERVP Kim Forkum

Carrot Cake Protein Bars*

Calories: 94 Fats: 1.25 Carbs: 10 grams Protein: 10 grams

1 cup oat flour

2 scoops Arbonne vanilla protein powder

2 tsp cinnamon

½ tsp baking soda

¼ tsp salt

1/8 tsp allspice

1/8 tsp nutmeg

4 egg whites

½ cup of Truvia or ¼ cup Agave nectar

8 oz. baby food carrots

4 oz. water

Preheat oven to 350*

Mix flour, vanilla protein powder, cinnamon, allspice, nutmeg, baking soda and salt together in a bowl.

Mix egg whites, Truvia/Agave, baby food carrots and water (optional) in a bowl.

Add wet ingredients to dry ingredients and mix together.

Spray Glass pyrex dish (8x8) with non-stick butter spray.

Pour ingredients into dish.

Bake 20-30 min.

Makes 16 squares, 2 squares per serving

Submitted by Josh and Luciana Olave

“Apple Pie” Protein Bars

12 oz almond butter

4 oz “TapnApple” brand apple butter spread

1 ½ c agave nectar light

2 ¼ c Arbonne vanilla protein powder

1c old fashioned oatmeal

2 c crisp brown rice cereal

½ c Arbonne Fiber Boost

½ c sliced almonds

1 tsp cinnamon

Combine almond butter and agave nectar in a large bowl and microwave for 70 second

Mix protein powder, oatmeal, cereal, fiber, nuts, and cinnamon together in a separate bowl.

Stir apple butter into almond butter agave mixture. Then add dry ingredients, mix and pour into a 9x12 pan. Press until evenly distributed. Refrigerate until set. This mixture will be softer than a regular bar but delicious! You may wish to add a little more cinnamon,

Sharon Dickson

Arbonne Apple Pecan Cookie Recipe

2 cups of blanched almond flour

2 scoops Arbonne Vanilla Protein Powder

1 scoop Arbonne Fiber

1/2 teaspoon sea salt

1/2 teaspoon baking soda

1 1/2 teaspoons cinnamon

1/2 cup grapeseed oil

1/2 cup agave nectar

1 tablespoon vanilla extract

1 cup dehydrated apples - chopped (add more if you like)

1 cup chopped pecans

Combine dry ingredients into a bowl. Add liquid ingredients to dry and stir with a fork. Add apples and nuts.

Bake on a greased cookie sheet for 7 to 10 minutes at 350. Cool before removing from cookie sheet