

Protein Bars

2 cups Organic Peanut Butter
1 $\frac{3}{4}$ cups Honey or Agave Nectar
4-5 scoops Vanilla Arbonne Protein Shake

3 cups organic rolled oats
Optional
Flax seeds
Raw Nuts (almonds or walnuts chopped)
Dried Fruit (cherries, apricots, raisins, crasins)

Mix peanut butter and honey on stove until mixed well together

Add Protein Powder and mix well.

Add oatmeal and mix gently.
Add other
Spread in 9x13 pan.

Freeze or Refrigerate 1 hour. Cut into 24 squares.

Crispy Nut Butter Treats

1 box brown rice crisps cereal
1 $\frac{3}{4}$ cups brown rice syrup
Fine sea salt (sprinkle)

1 c almond butter
(unsalted/unsweetened)
1 scoop Arbonne Vanilla
protein powder

Mix cereal and protein powder. Heat syrup with pinch of salt until liquefied, add nut butter. Pour over rice cereal mixture. Turn out mixture evenly into the pan. Let cool for 1 hour ~ before cutting into squares